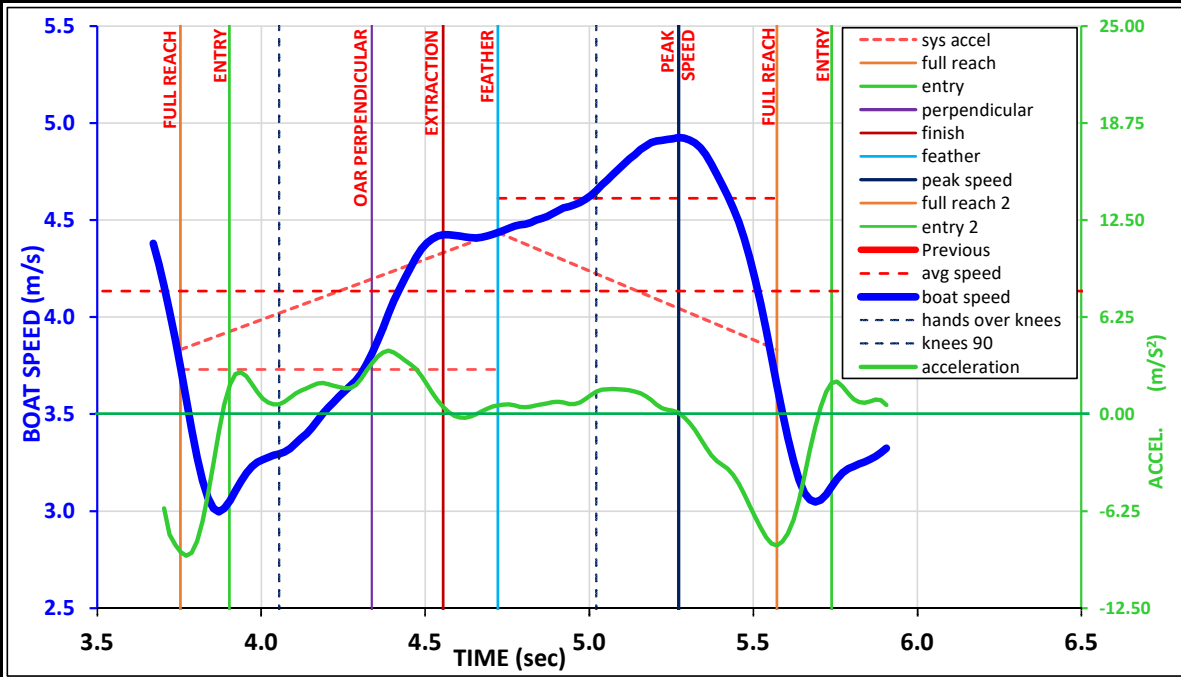


# PURCERVERANCE - Boat Speed, Rigging & Technique Analysis

v. 2022-08-16



Name	Athlete Name	Video File	videoC0018.MP4	Boat Length	7.75
Boat Class	MW1x	Video Location	Home Lake	Video Time & Date	4:337 oars perp.
Race Category	MWE1x 1st	Video Description	Camp - Practice 3	10:30 AM	2020-08-15

Race Time	finish	3:58.25	split	1:59.12	Curve Average	7.59	dist/stk	4.134	spd m/s	2:00.96	% GMS	105.00%
Race Percent GMS	106.61%	4.197	Category Average	7.73	3.930	2:07.22	99.8%					
GMS Time	4:14.00	2:07.00	Diff. (above/below)	-0.14	0.204	-6.27	5.2%					

ANALYSIS	time	boat speed	Weather: wind 6k from 8 o'clock				bow cm	stern cm	Trim Change	0.0 °
full reach	3.75	3.74	Air Temp: 16c	full freeboard	0	0	Catch	0.0 °		
entry	3.90	3.05	Water: calm	0	0	Finish	0.0 °			
perpndclr	4.34	3.81	*Drive Time (sec.)	0.82	time between entry (blade full bury) and feather	0.81				
extraction	4.55	4.43	*Blade Slip (m)	+0.08	distance blade tip moves during drive measured	-0.20				
feather	4.72	4.44	Eff. Stroke Lngth (m)	2.39	distance the oar moves the boat during the drive	2.23				
peak speed	5.27	4.93	Stroke Position (>PI)	66.7%	oar (entry to perpendicular) to (entry to extract)	65.3%				
full rch 2	5.57	3.65	*Stroke Rate (spm)	32.7	strokes per minute	30.8				
entry2	5.74	3.13	Stroke Ratio (R/DT)	1.24	time on recovery divided by time on drive time	1.44				

sculler/crew average:	length:	1.36 (m)	power:	285 (watts)	weight:	75 (kg)
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RIGGING ANALYSIS	Span	160	Blade Type	Smth2	822
	Oar Length	286	Catch Angle ±	55 °	59.6%
	Inboard	87	Finish Angle ±	38 °	40.4%
			Total Arc ±	93 °	323 cm

## TECHNIQUE ANALYSIS

Distance per Stroke		7.59	Ref:	MW1x	MW Camps (12)
CATCH	1 Entry Time (full reach to entry)	0.16	time between full reach position and entry (blade full bury)	0.18	
	Entry Time % of Stk Cycle	8.6%	Entry Time as percentage of entire stroke cycle time	9.3%	
BLADE BURD	2 Drive Hump. (t* accel.)	-0.168	drive hump is acceleration loss after catch multiplied by time.	0.089	
	Drive Accl. (entry to extract)	2.11	boat acceleration between blade full bury and blade extraction.	2.00	
	Drive Accl. Eff. (entry to extract)	90.2%	percentage of area curve compared to straight line accel.	89.0%	
	Perp to Extract Accl. (m/s²)	2.82	boat acceleration between blade perpendicular and blade extraction.	2.31	
Drive Speed % of Avg. Speed		90.2%	drive average speed as percent of total stroke average speed	89.4%	
System Speed Change (m/s)		0.70	boat speed change - full reach to feather	0.56	
RELEASE	3 Release Time (extract to feather)	0.17	time blade extraction to feather	0.17	
	Release Time % of Stk Cycle	9.1%	time blade extraction to feather as percentage of stroke cycle	8.7%	
	Release Speed Change (m/s)	+0.01	speed change - extraction to feather	+0.05	
RECOVERY	4 Recovery Accl. (feather to peak)	0.89	acceleration feather to peak speed	0.75	
	Rec. Accl Eff. (feather to peak)	93.2%	percentage of area under the curve compared to straight line accel.	80.5%	
	Recovery Peak Speed (% of Rec)	64.7%	percentage of recovery (feather~fullreach2) to peak speed	63.9%	
	Recovery Speed % of Avg. Spd.	111.6%	recovery average speed as percent of total stroke average speed	111.0%	
5 Deceleration (peak to entry2)		-3.85	deceleration between peak speed to entry2	-3.16	
6 Deceleration Time (sec.)		0.43	time boat is in negative acceleration following peak speed.	0.53	
Deceleration Time % of Stk Cycle		23.6%	Deceleration Time as percentage of entire stroke cycle time	27.0%	

