



# Segment: 2k - 1

2022-03-02 16:04:55 - 16:13:18 (Europe/Berlin)

Class: M1X    Crew: Simon    Official Time: 4x 2000m Test    Schiffensee    2022-03-09    Rowing

Demo

### Prognostic

Time: 06:30.69 / 2k  
 Pace: 01:37.67 / 500m  
 Speed: 5.12 m/s

### This Segment

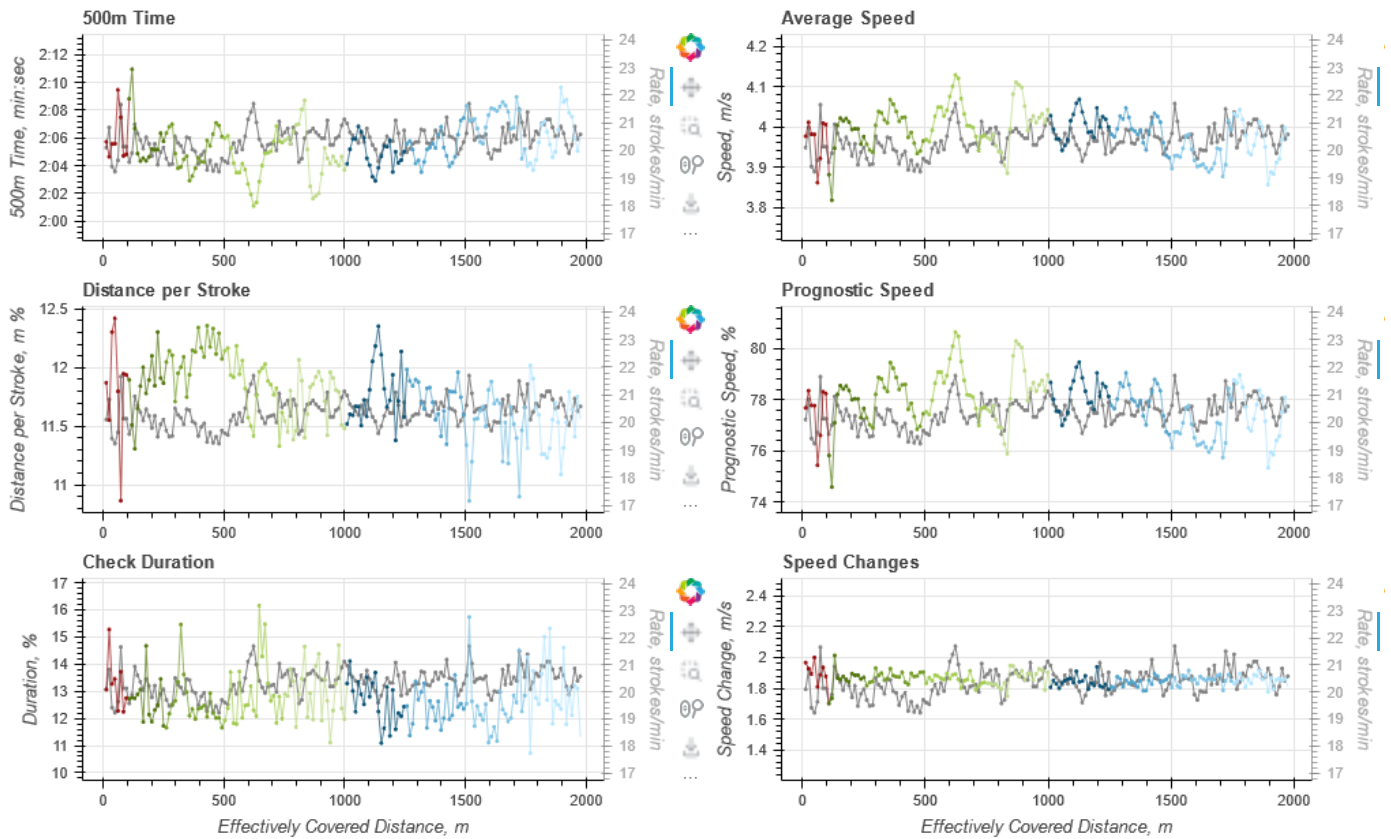
Total time: 08:23.60  
 Pace (eff.): 02:05.47 / 500m (77.8%)  
 Speed: 3.99 m/s  
 Distance: |→←| 2000.0 m / ⚡ 2006.7 m  
 Avg. Rate: 20.4 ± 0.5 Str/min

### 500m Splits

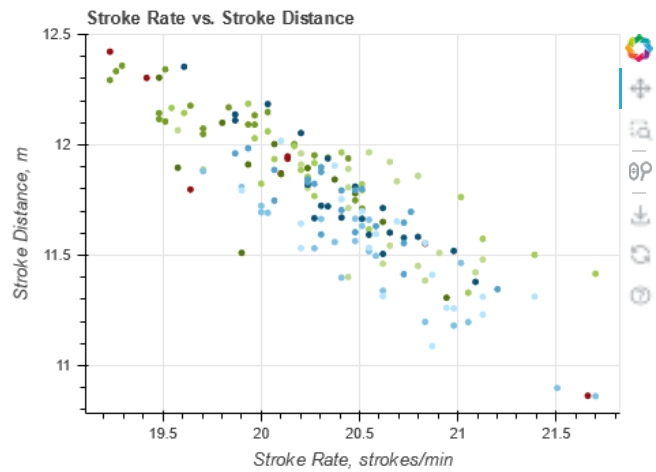
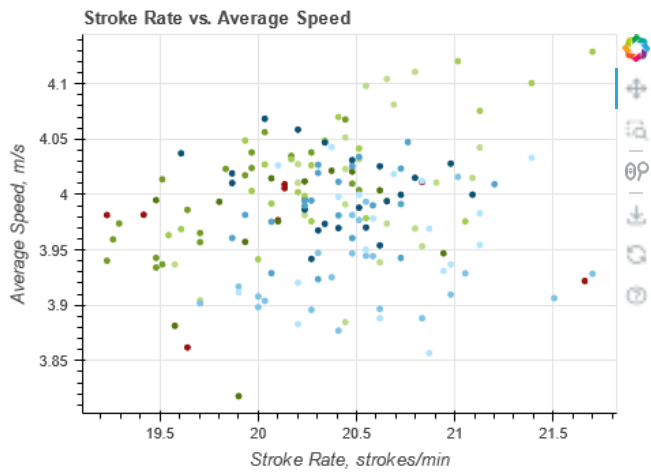
	500m	1000m	1500m	2000m
Total time:	02:05.59	02:04.67	02:04.93	02:06.81
Pace:	77.8%	78.3%	78.2%	77.0%
Avg. Speed:	3.98	4.02	4.0	3.95
Avg. Rate:	20.0	20.5	20.4	20.6

## Cycle Performance Parameters [get as CSV](#)

Stroke Rate



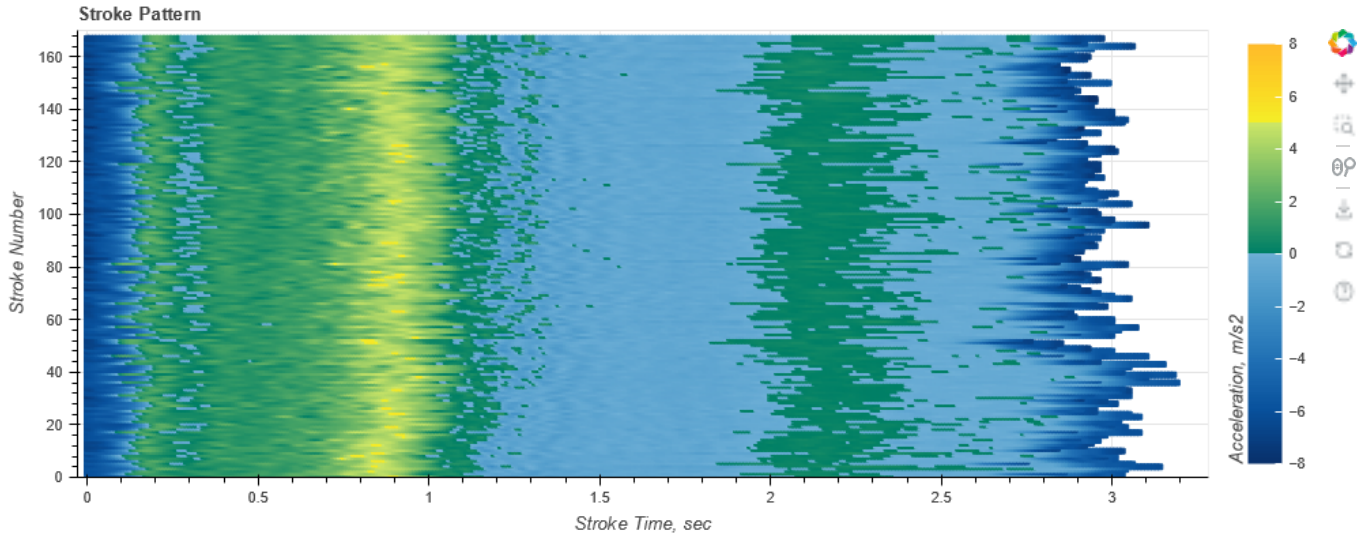
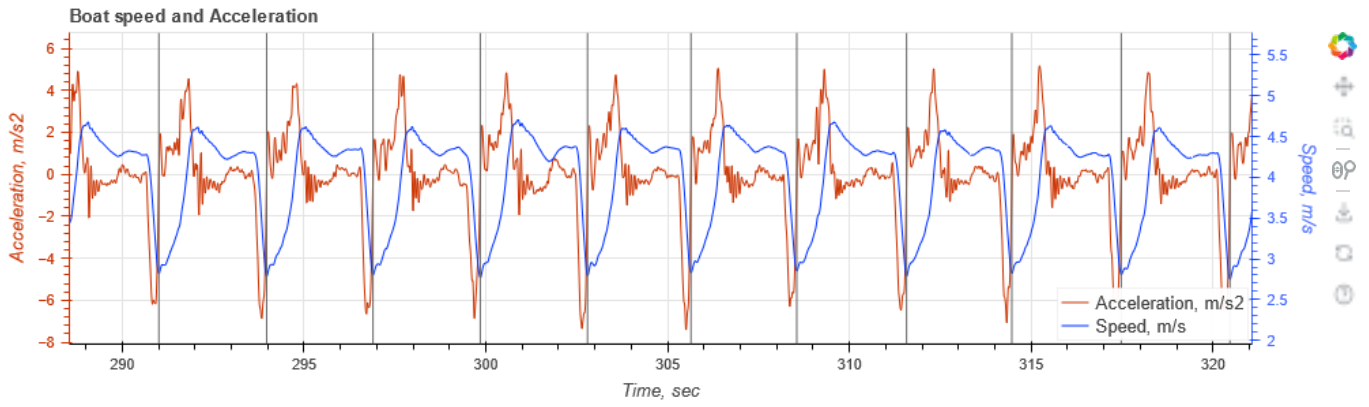
# Stroke Rate Correlation



## Splits Table 2k - 1

Split, m	Time, min:sec	Duration, sec	Avg. Speed, m/s	Avg. Rate, Str/min	Avg. Dist., m/Str	Avg. Check dur., %	% WBT	500m time, min:sec
<i>Avg ± Std n/a</i>		<i>12.6 ± 0.2</i>	<i>3.99 ± 0.05</i>	<i>20.4 ± 0.5</i>	<i>11.7 ± 0.3</i>	<i>12.7 ± 1.0</i>	<i>77.9 ± 1.1</i>	<i>02:05.47 ± 01.71</i>
50	12.68	12.7	3.94	20.1	11.9	13.3	77.0	02:06.86
100	25.35	12.7	3.95	20.2	11.8	13.0	77.1	02:06.63
150	38.03	12.7	3.94	20.3	11.7	12.8	77.0	02:06.89
200	50.44	12.4	4.03	20.3	11.9	12.8	78.8	02:04.02
250	01:03.01	12.6	3.98	19.9	12.0	12.4	77.7	02:05.71
300	01:15.79	12.8	3.91	19.8	12.0	12.5	76.4	02:07.83
350	01:28.17	12.4	4.04	20.2	12.0	13.4	78.9	02:03.78
400	01:40.49	12.3	4.06	20.1	12.1	12.6	79.3	02:03.14
450	01:52.95	12.5	4.01	19.6	12.2	12.3	78.3	02:04.66
500	02:05.59	12.6	3.96	19.5	12.2	12.1	77.3	02:06.41
550	02:18.12	12.5	3.99	19.9	12.1	12.5	78.0	02:05.24
600	02:30.51	12.4	4.04	20.5	11.9	12.6	78.8	02:03.87
650	02:42.80	12.3	4.07	21.0	11.7	13.2	79.5	02:02.90
700	02:55.18	12.4	4.04	20.3	11.9	13.9	78.9	02:03.85
750	03:07.71	12.5	3.99	20.5	11.6	12.6	77.9	02:05.31
800	03:20.43	12.7	3.93	20.5	11.6	12.9	76.8	02:07.15
850	03:33.17	12.7	3.93	20.3	11.7	13.1	76.7	02:07.37
900	03:45.33	12.2	4.11	20.6	11.8	13.1	80.3	02:01.63
950	03:57.70	12.4	4.04	20.5	11.8	12.7	79.0	02:03.66
1000	04:10.27	12.6	3.98	20.6	11.7	13.0	77.7	02:05.70
1050	04:22.72	12.5	4.01	20.7	11.6	13.1	78.4	02:04.54
1100	04:35.27	12.5	3.99	20.4	11.7	13.0	77.9	02:05.43
1150	04:47.58	12.3	4.06	20.1	12.0	12.7	79.3	02:03.12
1200	05:00.24	12.7	3.95	20.3	11.8	12.2	77.2	02:06.59
1250	05:12.67	12.4	4.02	20.4	11.8	12.2	78.5	02:04.36
1300	05:25.13	12.5	4.01	20.2	11.9	12.2	78.4	02:04.58
1350	05:37.50	12.4	4.04	20.5	11.8	12.7	79.0	02:03.68
1400	05:50.18	12.7	3.94	20.5	11.6	12.3	77.0	02:06.78
1450	06:02.66	12.5	4.0	20.7	11.6	12.4	78.2	02:04.85
1500	06:15.20	12.5	3.99	20.4	11.6	12.8	77.9	02:05.40
1550	06:28.04	12.8	3.9	20.8	11.4	12.9	76.1	02:08.32
1600	06:40.66	12.6	3.96	20.4	11.6	12.0	77.4	02:06.20
1650	06:53.39	12.7	3.93	20.1	11.6	11.9	76.7	02:07.36
1700	07:06.20	12.8	3.9	20.5	11.4	12.3	76.3	02:08.04
1750	07:18.91	12.7	3.93	20.8	11.4	13.0	76.8	02:07.10
1800	07:31.28	12.4	4.04	20.6	11.7	12.9	78.9	02:03.73
1850	07:44.01	12.7	3.93	20.9	11.4	13.6	76.7	02:07.28
1900	07:56.56	12.5	3.98	20.7	11.4	13.0	77.8	02:05.47
1950	08:09.31	12.8	3.92	20.4	11.5	12.8	76.6	02:07.56
2000	08:22.02	12.7	3.94	20.6	11.6	11.3	76.9	02:07.01

# Boat Acceleration Pattern



# Map

Average Speed, m/s    Speed Change, m/s    Stroke Rate, strokes/min     %WBT

