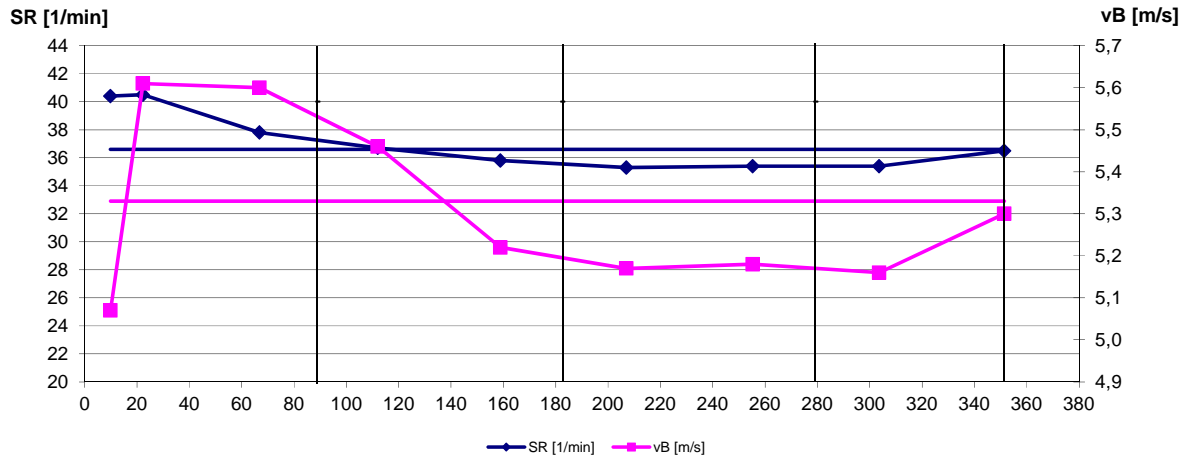


## Race analysis: June, 05<sup>th</sup> 2011

Regatta for Juniors on the Regatta Course Hamburg-Allermoehe, Germany

Boat	Date	Test run	Venue	Coach
JM8+	05.06.2011	06051608.11	Allermoehe	N.N.



### Race analysis depending on the distance travelled

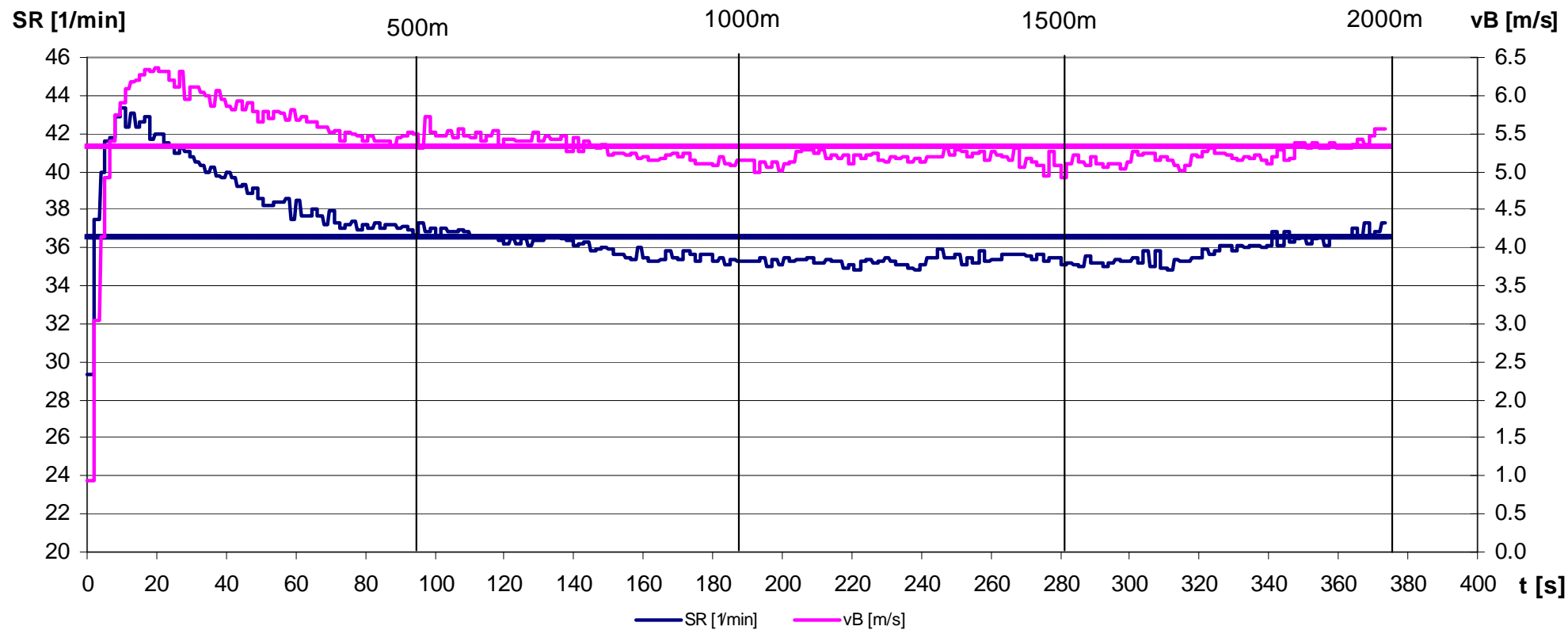
Section	t	Number of strokes	Sum t	SR	v <sub>B</sub>	s <sub>B</sub>	SR	v <sub>B</sub>	s <sub>B</sub>
[m]	[s]		[s]	[1/min]	[m/s]	[m]	[%]	[%]	[%]
0-100	19,7	13	19,7	40,4	5,07	7,52	110,2	94,7	86
0-250	44,5	30	44,5	40,5	5,61	8,31	110,4	105	95,1
250-500	44,6	28	89,1	37,8	5,6	8,9	102,9	104,8	101,8
500-750	45,8	28	134,9	36,7	5,46	8,94	99,9	102,1	102,3
750-1000	47,9	29	182,7	35,8	5,22	8,76	97,5	97,6	100,2
1000-1250	48,3	28	231,1	35,3	5,17	8,8	96,1	96,7	100,6
1250-1500	48,3	29	279,4	35,4	5,18	8,77	96,5	96,8	100,3
1500-1750	48,4	29	327,8	35,4	5,16	8,76	96,3	96,5	100,2
1750-2000	47,2	29	375	36,5	5,3	8,72	99,3	99	99,7

### Race analysis depending on the time

Section	t	Number of strokes	SR	v <sub>B</sub>	s <sub>B</sub>	s <sub>GPS</sub>	Sum. s <sub>GPS</sub>	SR	v <sub>B</sub>	s <sub>B</sub>
	[s]		[1/min.]	[m/s]	[m]	[m]	[m]	[%]	[%]	[%]
<b>Total</b>	<b>375</b>	<b>229</b>	<b>36,6</b>	<b>5,33</b>	<b>8,74</b>	<b>2000</b>	<b>2000</b>	<b>100</b>	<b>100</b>	<b>100</b>
Start	15	10	39,9	4,65	6,99	70	70	108,7	86,9	80
max v <sub>B</sub>	14	10	41,7	6,26	9,01	94	164	113,6	117	103,1
Transition	60	38	38,3	5,68	8,89	341	504	104,4	106,1	101,7
mid-race	255	152	35,7	5,23	8,79	1335	1839	97,3	97,8	100,6
m-spurt	137	82	35,9	5,29	8,84	725	1232	97,8	98,8	101,1
f-spurt	30	18	36,6	5,37	8,8	161	2000	99,8	100,4	100,6
							s	2	0,5	0,6
							Spw	9,8	4,5	5,7

### Race rating

1. Race profile (RP): offensive RP with a distinct mid-race plateau and a final spurt (U-profile), good
2. Race tactics: 1, 2, 4, 3 (500-m-sections according to v<sub>B</sub>)
3. Race phases: start acceleration good; max v<sub>B</sub> high; transition good; mid-race with plateau (good); final spurt good (100,4%); variability of v<sub>B</sub> in view of the race phases good
4. Relation SF/v<sub>B</sub>: with increasing SF v<sub>B</sub> increased as well (good)
5. Variation of v<sub>B</sub>: small in the race profile and the stroke series (good)



## Definition of abbreviations

### Data in Figures and Tables

t [s]	time (in seconds)
SR [1/min]	stroke rate
$v_B$ [m/s]	mean boat velocity (in the direction of propulsion)
$s_B$ [m]	distance traveled by boat per stroke
sGPS [m]	distance traveled by boat, measured with GPS
s	standard deviation
Spw	range of data

### Race phases

start	1.-10. rowing stroke
max $v_B$ [m/s]	section with maximum mean boat velocity
min $v_B$ [m/s]	section with minimum mean boat velocity
mid-spurt	mid-race sprint
f-spurt	final/end sprint

### Abbreviations used in the text

RP	race profile
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