



ANALYSIS OF RESULTS OF HOSG SENIOR DIV 1 EVENTS FINALS 2015

TIME STANDARD						
FSCH	1st CREW	m/s	RELATIVE BOAT SPEED	HOSG 2015	m/s	% Efficiency
8	04:56.	5.07	100.0%	5:09.46	4.85	95.7%
4x+	05:22.	4.66	92.0%	5:35.25	4.47	96.0%
4+	05:29.	4.56	90.0%	5:44.26	4.36	95.6%
1x	05:57.	4.20	83.0%	6:15.70	3.99	95.0%

PERFORMANCE DENSITY AND INTENSITY OF EACH RACE

FSCH	WINNING TIME	M/S	AVERAGE TIME FOR FINAL	2ND PLACE (SEC)	WINNERS TIME DIFFERENCE FROM THE AVERAGE
8	5:09.46	4.85	5:16.60	6.11	07.14
4x+	5:35.25	4.47	5:41.10	3.93	05.85
4+	5:44.26	4.36	5:49.30	3.90	05.04
1x	6:15.70	3.99	6:23.50	2.48	07.80