



ANALYSIS OF RESULTS OF HOSG SENIOR DIV 1 EVENTS FINALS 2016

TIME STANDARD						
FSCH	1st CREW	m/s	RELATIVE BOAT SPEED	HOSG 2016	m/s	% Efficiency
8	04:56.	5.07	100.0%	5:12.70	4.80	94.7%
4x+	05:22.	4.66	92.0%	5:32.76	4.51	96.8%
4+	05:29.	4.56	90.0%	5:55.45	4.22	92.6%
1x	05:57.	4.20	83.0%	6:19.90	3.95	94.0%

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	5:12.70	4.80	5:19.90	5.28	07.20
4x+	5:32.76	4.51	5:44.70	2.40	11.94
4+	5:55.45	4.22	6:03.60	1.49	08.15
1x	6:19.90	3.95	6:38.90	8.13	19.00