How to analyse & understand your results?

- 1st column: the times (how long it took you to do the full 200 m, how long it took you to do the first 100 m, how long it took you to do the second 100 m)
- 2nd column: the distance
- 3rd column: the average time for a 500 m. i.e. how long it would take you to row 500 m at that pace, therefore you can see the power you put in each stroke
- 4th column: the stroke/ pace you have in the full 200 m, for the first 100 m and for the second 100 m

- 1st line: the details for the overall 200 m
- 2nd line: the details for the 1st 100 m
- 3rd line: the details for the 2nd 100 m

The important thing is to understand the correlation between the 500 m average in the 1st 100 m and the 2nd 100 m with their strokes. Meaning that going faster will not necessarily mean that you are generating more power or that you will finish faster