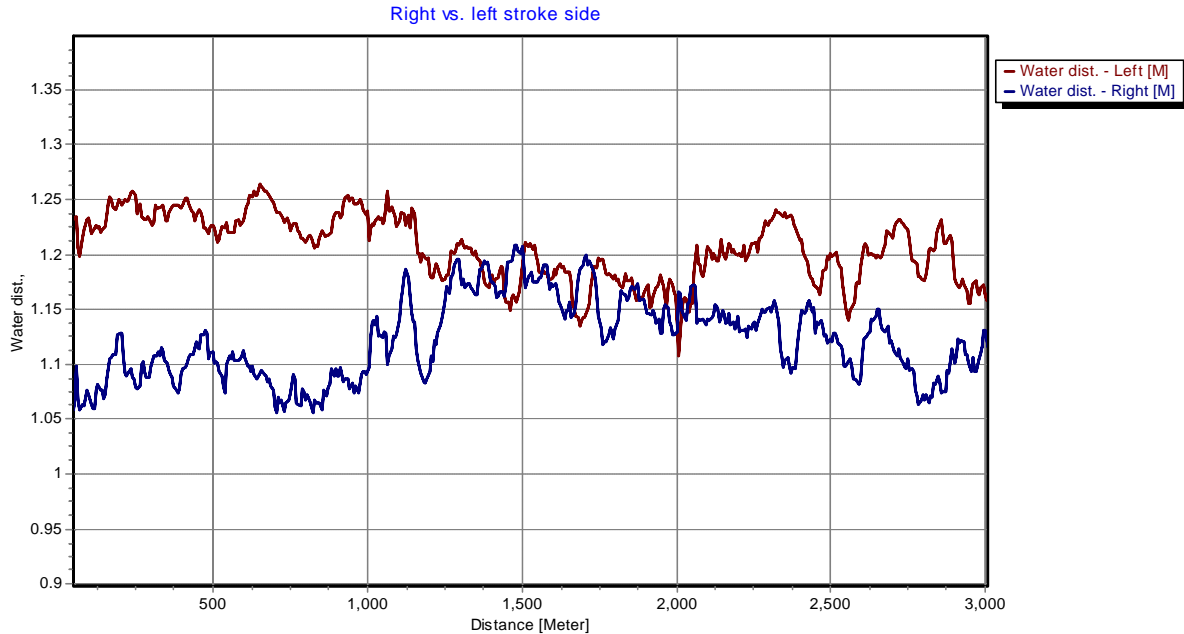
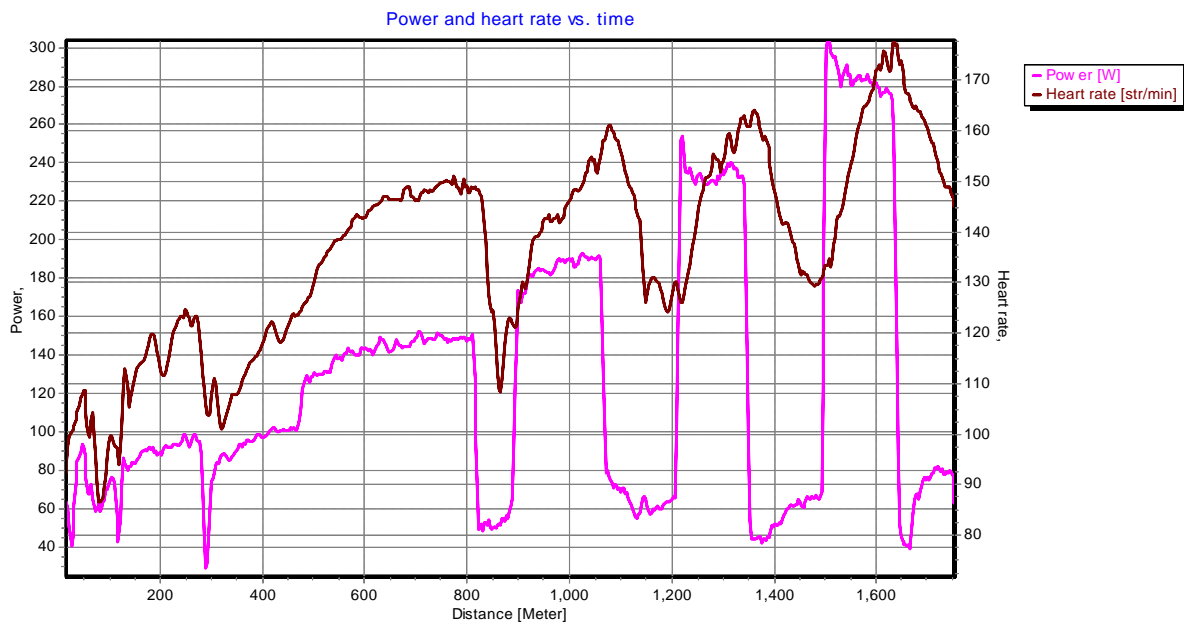


Dansprint analyser examples

Here are some examples of what you can do with the application.

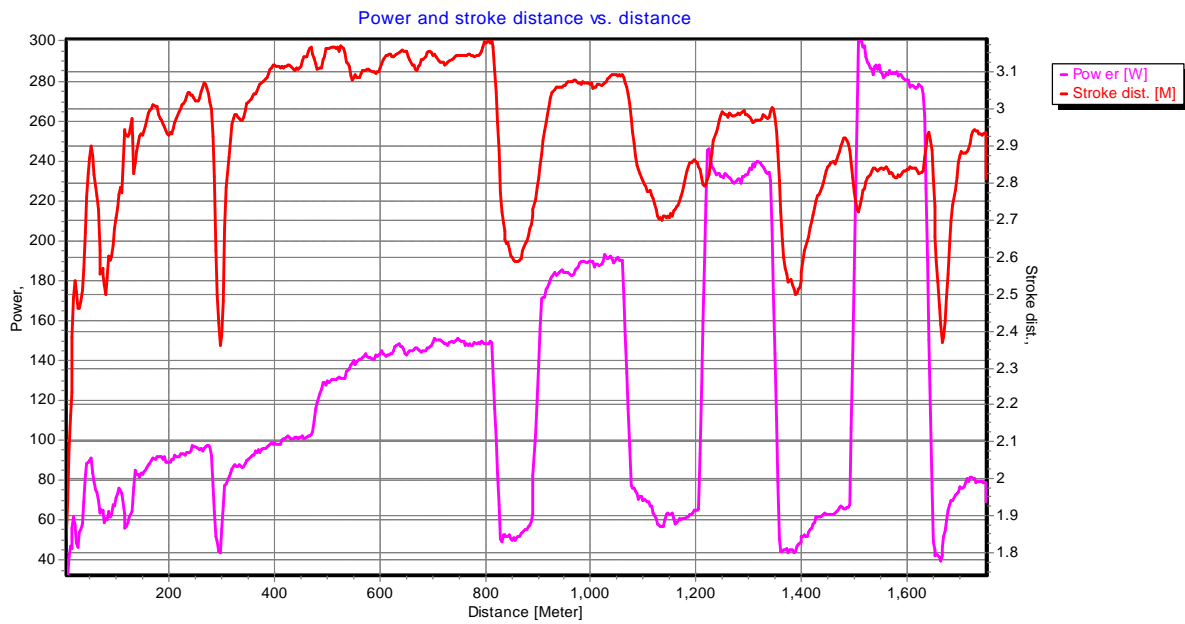


This is an example of how instant feedback can improve your technique. The graph shows the paddle distance covered in the water phase for each stroke side. The first and the last distance of 1000 meter are without feedback and the middle distance of 1000 meter is with feedback. After the feedback distance, the difference of each stroke side is a little smaller.

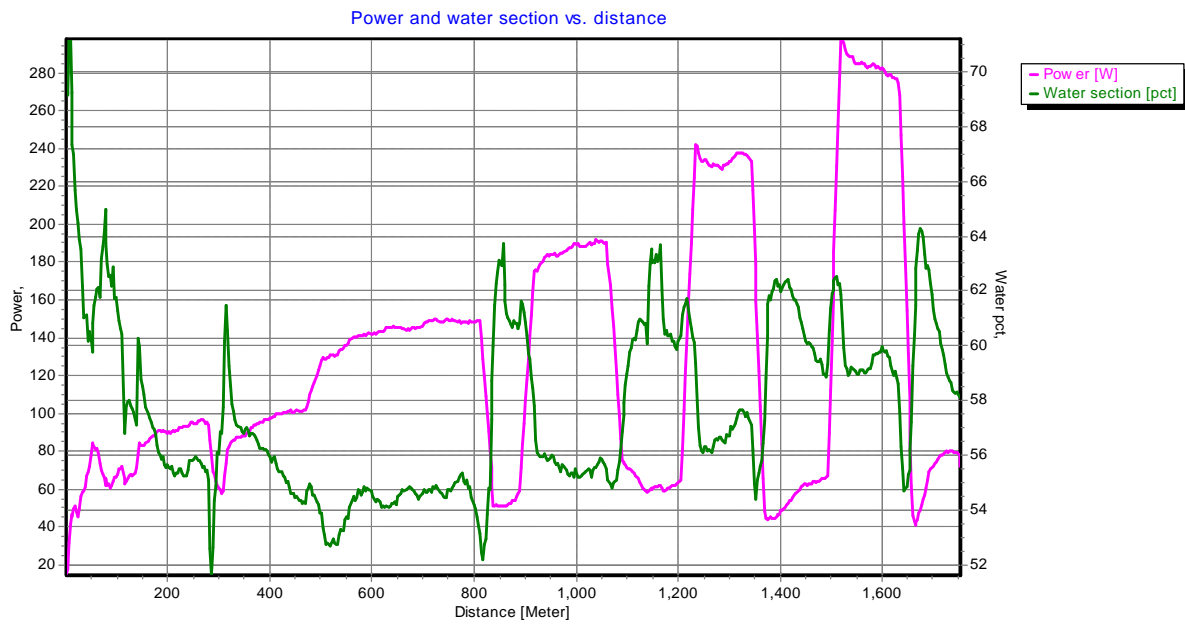


Sample 0, 89 Kg, Fan: 7, avg. filter: 4 strokes, 10-21-2003
C:\Program Files\Moebius\Dansprint analyser\sample00.drc

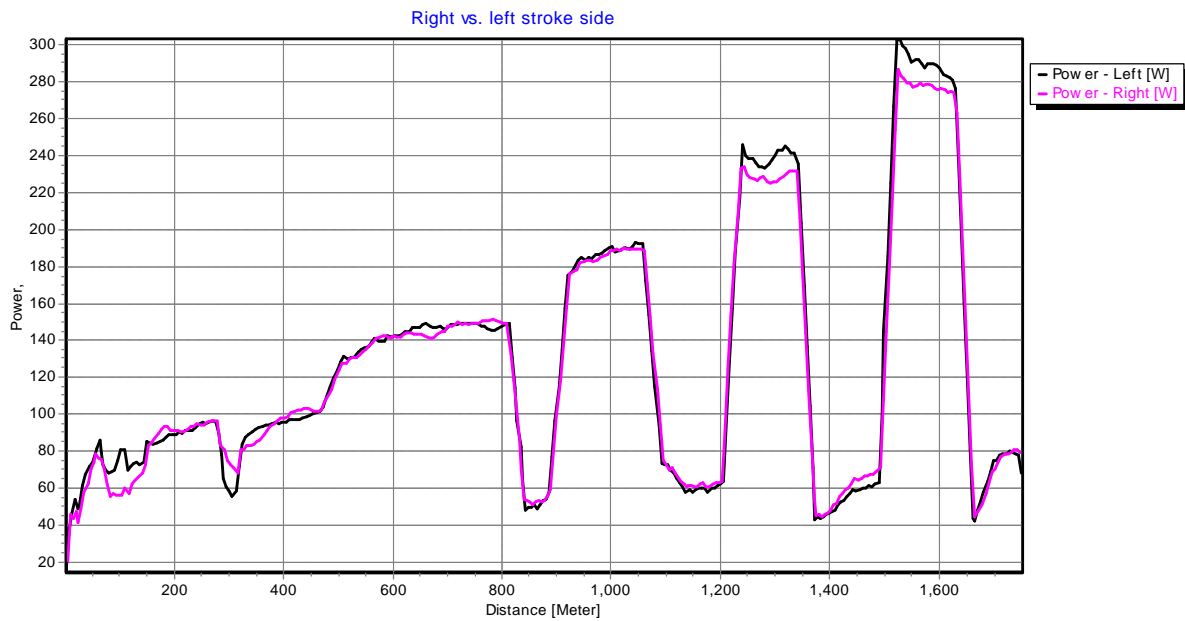
The relation between power and heart rate is a powerful tool to evaluate your training and as a training guide. Normally this relation is used for longer intervals than the above example.



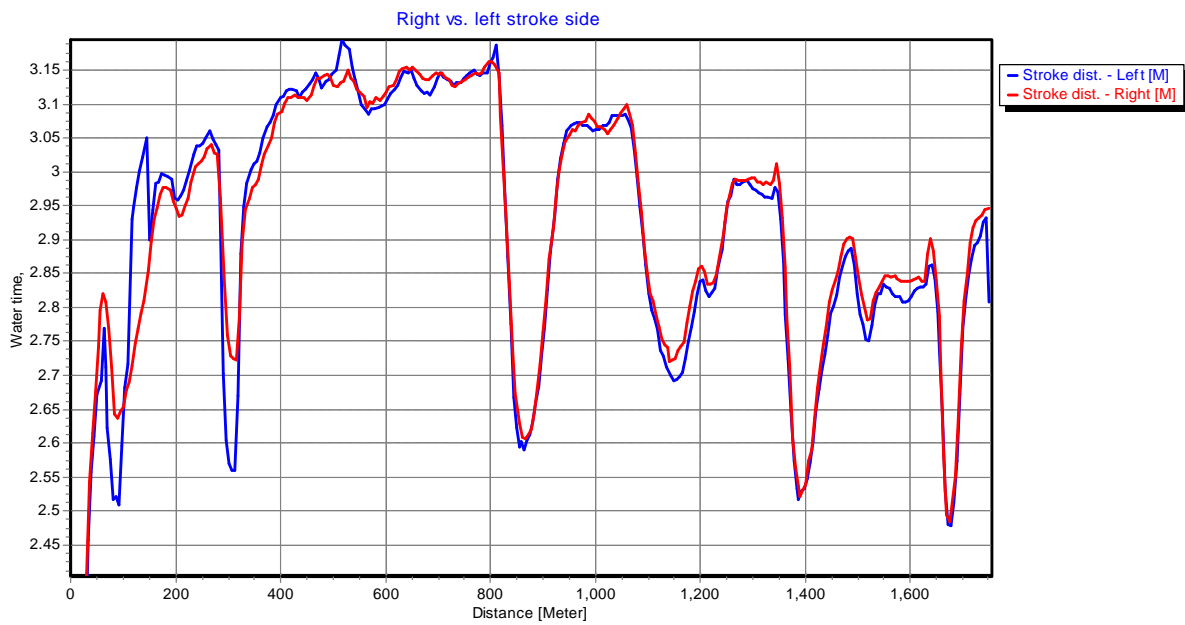
This example shows that the stroke distance is decreasing when the power is increasing.



The water section of the stroke increases when the power increases. The water section shows you how long time you are in the water phase compared to the total stroke time.



The right and left power graph match until the paddler reaches 220 watts.



The strokes distance in both sides matches ok. At the last two intervals the right side stroke distance is a little longer than the left side.