

KAYAK EVALUATION - KEY STROKE PHASES



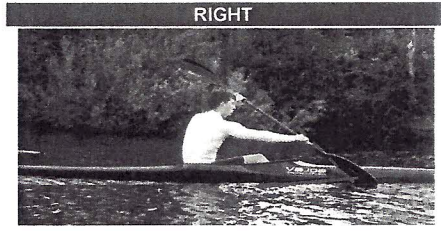
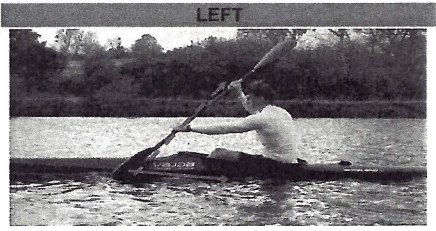
Angle at Catch (deg)
Left:
Right:

Catch Distance (m)
Left:
Right:

Stroke Time (s)
Left:
Right:

Pull Time (s)
Left:
Right:

CATCH
Red guidelines at 45°



BLADE BURIED
(relative to vertical)



PADDLE VERTICAL



END OF PULL



BLADE OUT



RECOVERY

