

How do I view my Split Data?

This question pops up occasionally after an event. Once you know how to get the data you can use it for training and race planning purposes.

Step 1: Find out what race you were in and erg you were on.

Step 2: Download the .zip file containing the Split data (<http://www.iirc.ie/results/>)

Step 3: locate the race file corresponding to your race and erg (A,B or C).

Step 4: Open the file in Notepad (or equivalent); It looks complicated eh?

The first line is the headers and they are separated by a comma. Each subsequent line has similar 'separators' (hence CSV = comma separated variable).

```
Interval,Boat,Time,Meters,Split_Avg_Pace,Split_Stroke_Rate,Split_Heart_Rate
```

Step 5: Find the line of data that contains your name.

Step 6: 'You' are the Boat i.e. Joe Soap_Ark_Rowing_Club MO. Time is in seconds (100.8 = 1:40.8) and 500, 1000, 1500 & 2000 are split distances.

```
, Joe Soap_Ark_Rowing_Club MO,100.8,500.0,100.8,26,0
,,103.8,1000.0,103.8,24,0
,,104.7,1500.0,104.7,25,0
,,104.0,2000.0,104.0,29,0
```

With a little patience and dividing 'Time' by 60 this becomes:

Joe Soap_Ark_Rowing_Club MO					
Time	Meters	Split_Avg_Pace	Split_Stroke_Rate	Split_Heart_Rate	
1:40.8	500	1:40.8	26	0	
1:43.8	1000	1:43.8	24	0	
1:44.7	1500	1:44.7	25	0	
1:44.0	2000	1:44.0	29	0	

Heart rate is not recorded but is an original part of the software!

Hope this helps.

Joe