ISSN: 2181-1385
Scientific Journal Impact Factor (SJIF) 2021: 5.723
DOI: 10.24412/2181-1385-2021-6-1442-1450

STARTING ACTIONS OF ROWERS ON KAYAK AND CANOE

I. S. Islamov
Uzbekistan State University of Physical Culture and Sports

B. F. Ikramov
Uzbekistan State University of Physical Culture and Sports

ABSTRACT

In our studies, we have established a reliable relationship between the maximum speed developed at the start and the final result at a 500-meter distance in all groups of kayakers (men and women) and canoeists.

Keywords: start, maximum speed, rowers, analysis, pace, effort.