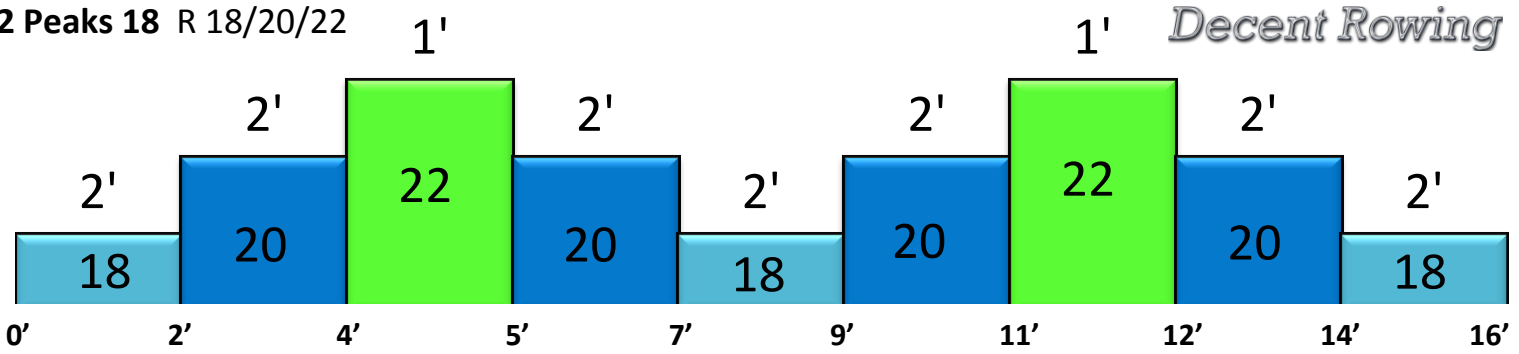


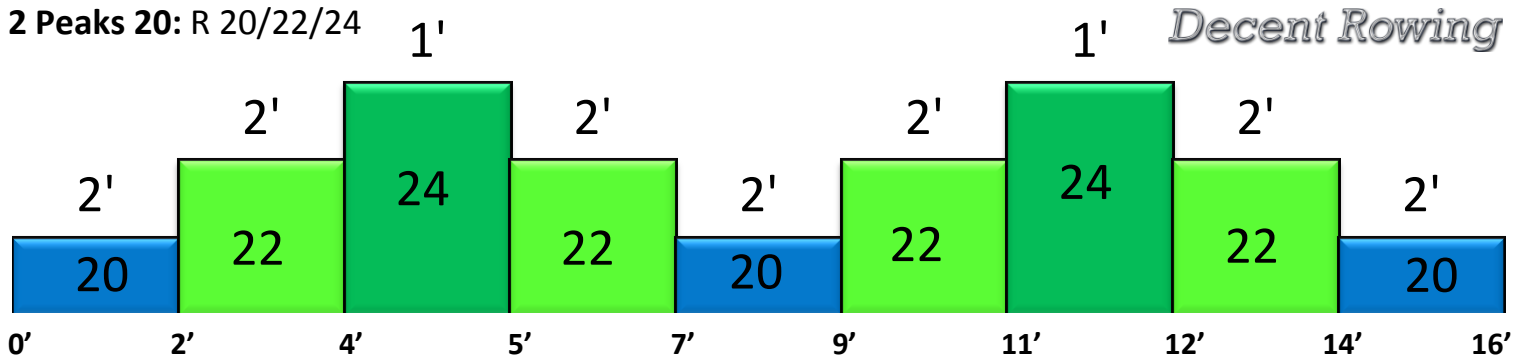
## 2 Peaks

**Explanation:** There are three different rates in this piece. Over 16 minutes the rating peaks twice. It is most important to be consistent with boat speed when the athlete is decreasing the rate from the fastest 1 minute intervals, trying to maintain a split that they previously held for each rate prior to the peak.

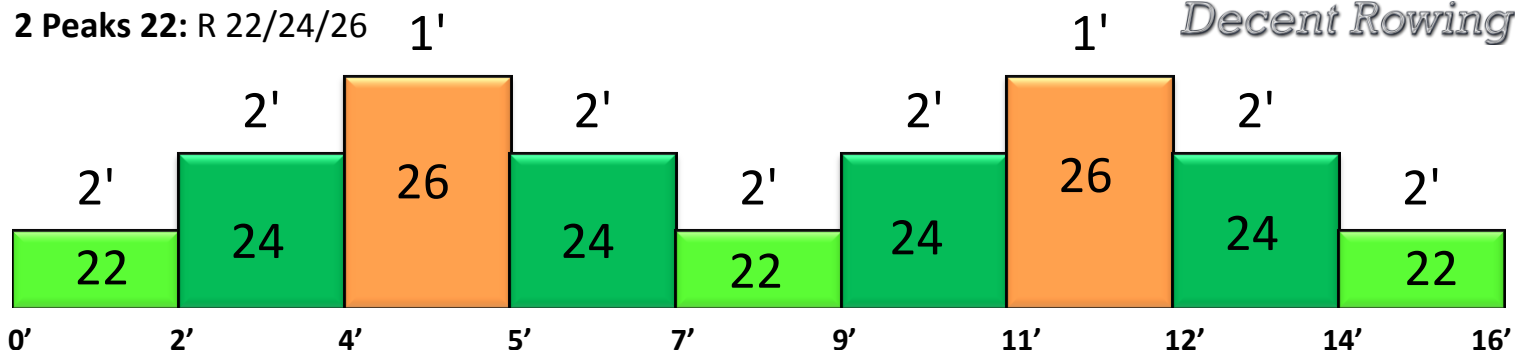
### 2 Peaks 18 R 18/20/22



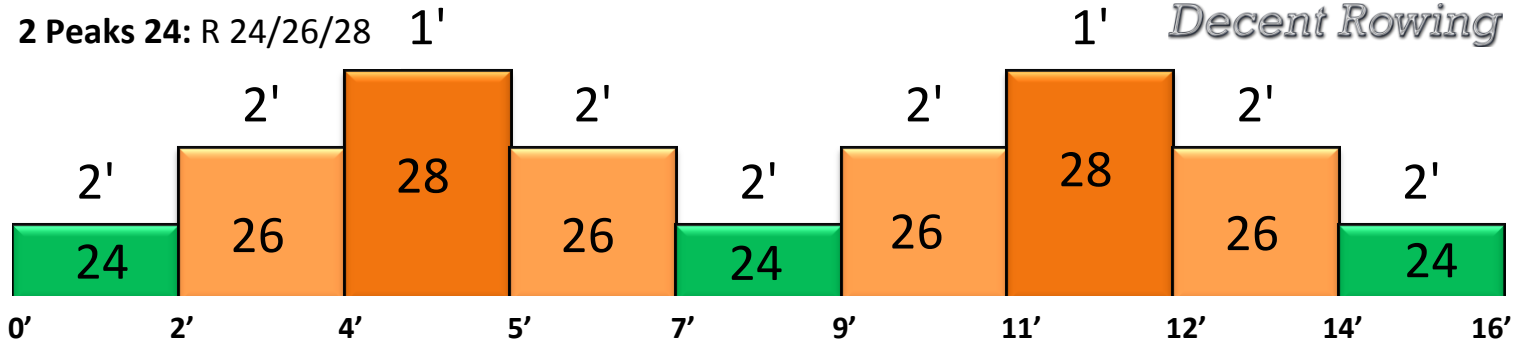
### 2 Peaks 20: R 20/22/24



### 2 Peaks 22: R 22/24/26



### 2 Peaks 24: R 24/26/28



### 2 Peaks 26: R 26/28/30

