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2013

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2014

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[hekisukai -koho@freeml.com](mailto:hekisukai-koho@freeml.com)





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72

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11 23

5.4km

2013 11 17

1:52.49(1:43.49) 11/15  
 2:03.10(1:51.35) 4/7  
 2:35.74(2:21.29) 8/11  
 2:12.33(2:01.83) 6/12

2013 11 23

74

5.4km



15





(77 )

7km

2013 12

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50 60 31 08

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<p>Rowing Technologist in Si Valley T. Yonehara 77</p>
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2012

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Silicon Death Valley  
Work -out

Km Seat Race  
Seat Selection

2015

31

Los Gatos Rowing Club,  
www.lgrc.org Adult  
Competition Sweep Program Eight Bow  
sheet

Knowhow

OB

( )

2013 6 15

SS

2000

To

find suspension by bending your oars at very beginning of the catch into the water,

Work curve

HOC(Head of the Charles river in Boston)

US women eight

LGRC 140

4000m

40

5

2013 5 3 Km

Bending Oar more at  
the catch to be synchronizing

190

C

Ergo

Find suspension in  
the very early moment at the catch and bend out  
at the finish

Body early rising  
Bodyswing



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NO.1 2013 12

2013.12.22



OB

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2011

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38

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WK

<http://my.formman.com/form/pc/TNROo7XWgEfPccIQ/>



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6 30 11 29

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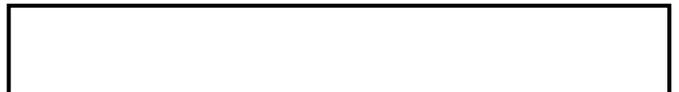


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<http://densuke.biz/list?cd=VYztAZZqKVzUzG6C>



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