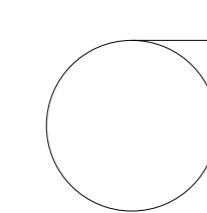


wave period = 2s
 wave length = 8m
 wave height = 0.5m
 foil location 300mm underwater on average
 speed = 4m/s = 7.7 kts
 boat downwind VMG
 1. 10kts (2.3kts faster than the wave)
 2. 15kts (7.3kts faster)
 3. 20kts (12.3kts faster)

 circle:
 period of rotation = 2s
 diameter = 375mm
 circumference = 1178
 speed of rotation = 0.6m/s = 1.2kts

