

# Aitor Coterón

**V1**: velocity of the fly leg

**V2**: velocity of the rod leg

**VL**: speed of loop turnover

**Vav**: speed of loop advance (in respect of the caster)

Without shooting line:

$$\mathbf{VL} = 1/2 V1$$

$$\mathbf{V2} = 0$$

$$\mathbf{VL} = \mathbf{Vav}$$

Shooting line:

$$\mathbf{VL} = 1/2 (V1 - V2)$$

$$\mathbf{Vav} = 1/2 (V1 - V2) + V2$$

Triple haul:

**V2** = now has a negative value!

$$\mathbf{VL} = 1/2 (V1 + V2)$$

$$\mathbf{Vav} = 1/2 (V1 + V2) - V2$$