

2010 WRC Indoor Erg Challenge

Date: **Saturday, January 9**

Workout: **5 x 2000m, 3 minute rest, rate cap 26**

Location: **Winnipeg Rowing Club**

Coaches: **S. Taylor, E. Silver, J. Vipond, J. Araneta**

Name	m/s	T1	%	T2	%	T3	%	T4	%	T5	%	AVG %	AVG T	Points	to Date
Nicole	4.587	07:49.20	92.93%	07:51.90	92.40%	07:56.20	91.56%	07:57.30	91.35%	07:58.20	91.18%	91.88%	07:54.56	14	14
Paul	5.263	06:49.70	92.75%	07:00.20	90.44%	07:02.90	89.86%	07:04.30	89.56%	07:00.70	90.33%	90.59%	06:59.56	14	14
Natasha	4.587	07:57.50	91.31%	08:09.10	89.15%	08:19.00	87.38%	08:22.60	86.75%	08:22.20	86.82%	88.28%	08:14.08	13	13
Brandi	4.587	08:10.40	88.91%	08:20.10	87.19%	08:30.60	85.39%	08:41.70	83.58%	08:50.90	82.13%	85.44%	08:30.74	12	12
Dave	5.434	07:02.60	87.09%	07:15.50	84.51%	07:24.20	82.86%	07:29.70	81.84%	07:31.70	81.48%	83.56%	07:20.74	11	11
Meghan	4.587	08:28.80	85.69%	08:42.70	83.42%	08:47.80	82.61%	08:57.40	81.13%	08:55.50	81.42%	82.86%	08:46.44	10	10
Vic	5.434	07:13.20	84.96%	07:21.60	83.35%	07:28.10	82.14%	07:33.10	81.23%	07:34.80	80.93%	82.52%	07:26.16	9	9
Chris	5.208	07:50.80	81.57%	07:51.00	81.53%	07:53.20	81.15%	07:53.80	81.05%	07:54.80	80.88%	81.24%	07:52.72	8	8
Pavel	5.263	07:31.70	84.13%	07:52.70	80.39%	08:00.90	79.02%	07:57.90	79.52%	07:51.00	80.68%	80.75%	07:50.84	7	7
Rebecca	4.504	08:57.80	82.57%	09:15.10	79.99%	09:20.00	79.29%	09:29.50	77.97%	09:29.50	77.97%	79.56%	09:18.38	6	6
Kyle	5.434	07:26.60	82.41%	07:44.70	79.20%	07:52.30	77.93%	08:04.90	75.90%	07:44.50	79.24%	78.94%	07:46.60	5	5
Breanna	4.504	10:43.90	68.96%	12:15.00	60.41%	12:27.20	59.43%	13:04.20	56.62%	13:02.20	56.77%	60.44%	12:18.50	4	4
Curtis	5.434	06:53.20	89.07%	07:00.80	87.47%	07:03.70	86.87%	00:00.00	0.00%	00:00.00	0.00%	52.68%	06:59.23	3	3
Max	5.154	08:39.90	74.64%	09:46.80	66.13%	09:49.10	65.87%	00:00.00	0.00%	00:00.00	0.00%	41.33%	09:25.27	2	2
												Long Break			
m/s based on Provincial Elite erg standard												WRC AVG	77.15%		