

## WRC Winter Erg Series

Date: **Saturday, April 10**

Location: **Winnipeg Rowing Club**

Workout: 4 x 2000 m, 4 minute rest, cap 28

Coaches: **S. Taylor, R. Penner**

| Name                                       | category | m/s   | T1       | %   | T2       | %   | T3       | %   | T4       | %   | AVG %         | AVG T           | Points |
|--|----------|-------|----------|-----|----------|-----|----------|-----|----------|-----|---------------|-----------------|--------|
| Kevin                                      | sr       | 5.434 | 06:33.30 | 94% | 06:25.80 | 95% | 06:34.20 | 93% | 06:34.30 | 93% | 94.26%        | 06:31.90        | 13     |
| Paul                                       | u23      | 5.263 | 06:48.00 | 93% | 06:56.20 | 91% | 07:01.50 | 90% | 06:59.20 | 91% | 91.68%        | 06:56.23        | 12     |
| Loch                                       | jr       | 5.154 | 07:08.00 | 91% | 07:10.50 | 90% | 07:13.70 | 89% | 07:10.80 | 90% | 90.46%        | 07:10.75        | 11     |
| Brooke                                     | u23      | 4.587 | 07:55.50 | 92% | 08:07.00 | 90% | 08:16.70 | 88% | 08:14.40 | 88% | 89.73%        | 08:08.40        | 10     |
| Kailtin                                    | sr       | 4.716 | 07:35.20 | 93% | 08:12.80 | 86% | 08:05.50 | 87% | 07:55.40 | 89% | 89.37%        | 07:57.23        | 9      |
| Brandi                                     | sr lwt   | 4.587 | 08:07.40 | 89% | 08:12.50 | 89% | 08:27.00 | 86% | 08:29.40 | 86% | 87.83%        | 08:19.07        | 8      |
| Nia  | u23 lwt  | 4.424 | 08:26.30 | 89% | 08:35.90 | 88% | 08:45.10 | 86% | 08:42.80 | 86% | 87.82%        | 08:37.52        | 7      |
| Meghan                                     | u23 lwt  | 4.424 | 08:31.40 | 88% | 08:42.10 | 87% | 08:48.40 | 86% | 08:47.80 | 86% | 87.01%        | 08:42.43        | 6      |
| Rebecca                                    | jr       | 4.504 | 08:54.30 | 83% | 08:51.30 | 84% | 08:51.60 | 84% | 08:59.20 | 82% | 83.61%        | 08:54.10        | 5      |
| Kyle                                       | mr       | 5.434 | 07:20.60 | 84% | 07:43.00 | 79% | 07:47.20 | 79% | 08:06.80 | 76% | 79.76%        | 07:44.40        | 4      |
| Breanna                                    | jr       | 4.504 | 10:33.10 | 70% | 11:23.00 | 65% | 11:39.80 | 63% | 11:01.70 | 67% | 67.02%        | 11:09.40        | 3      |
| Dave                                       | mr       | 5.434 | 06:50.60 | 90% | 07:17.70 | 84% | 07:13.20 | 85% | 00:00.00 | 0%  | 64.92%        | 07:07.17        | 2      |
| Natasha                                    | u23      | 4.587 | 07:50.00 | 93% | 08:00.11 | 91% | 00:00.00 | 0%  | 00:00.00 | 0%  | 46.04%        | 07:55.05        | 1      |
| 4X2000m (4'off) cap 28                     |          |       |          |     |          |     |          |     |          |     |               |                 |        |
| m/s based on Provincial Elite erg standard |          |       |          |     |          |     |          |     |          |     |               |                 |        |
| <b>WRC AVG</b>                             |          |       |          |     |          |     |          |     |          |     | <b>81.50%</b> | <b>08:05.67</b> |        |