

WRC Winter Erg Series

Date: **Saturday, February 13, 2010**

Location: **Winnipeg Rowing Club**

Workout: **5 x 1500 m, 4 minutes rest, rate cap 28**

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

Name	category	m/s	T1	%	T2	%	T3	%	T4	%	T5	%	AVG %	AVG T	Points	Bonus T	Bonus %	to Date				
Natasha	u23	4.587	05:45.40	95%	05:57.10	92%	06:00.50	91%	06:03.40	90%	06:05.10	90%	91.30%	05:58.30	23	06:04.40	89.74%	133				
Andrew	mr	5.434	05:02.10	91%	05:10.20	89%	05:08.10	90%	05:13.70	88%	05:16.40	87%	89.04%	05:10.10	12			84				
Kaitlin	sr	4.716	05:49.00	91%	05:49.70	91%	05:59.20	89%	06:07.20	87%	06:05.00	87%	88.88%	05:58.02	11			11				
Vic	mr	5.434	05:10.90	89%	05:12.10	88%	05:15.90	87%	05:18.80	87%	05:19.40	86%	87.53%	05:15.42	20	05:19.80	86.32%	105				
Loch	jr	5.154	05:30.10	88%	05:39.00	86%	05:35.30	87%	05:34.80	87%	05:28.10	89%	87.29%	05:33.46	9			21				
Chris	u23 lwt	5.208	05:29.80	87%	05:35.60	86%	05:39.70	85%	05:38.60	85%	05:56.10	81%	84.78%	05:39.96	18	05:35.90	85.75%	92				
Daniel	jr	5.154	05:26.30	89%	05:38.70	86%	05:46.10	84%	05:48.90	83%	05:58.20	81%	84.78%	05:43.64	7			68				
Rebecca	jr	4.504	06:34.90	84%	06:36.10	84%	06:40.80	83%	06:40.10	83%	06:39.10	83%	83.64%	06:38.20	16	06:39.10	83.45%	73				
Pawel	u23	5.263	05:31.20	86%	05:39.00	84%	05:42.60	83%	05:58.00	80%	05:43.40	83%	83.18%	05:42.84	5			62				
Daphne	jr	4.504	06:49.50	81%	06:48.50	82%	07:07.10	78%	06:58.30	80%	07:03.80	79%	79.81%	06:57.44	4			38				
Evan	u23	5.208	05:50.30	82%	06:13.20	77%	06:14.30	77%	06:17.70	76%	06:17.30	76%	77.79%	06:10.56	3			27				
Kaia	jr	4.504	06:49.70	81%	07:06.40	78%	07:12.70	77%	07:26.50	75%	07:21.40	75%	77.28%	07:11.34	2			16				
Max	jr	5.154	06:05.10	80%	06:18.20	77%	06:59.20	69%	00:00.00	0%	00:00.00	0%	45.22%	06:05.10	1			9				
m/s based on Provincial Elite erg standard															WRC AVG		81.58%	06:00.34				