

WRC Winter Erg Series

Date: **Saturday, February 20, 2010**

Location: **Winnipeg Rowing Club**

Workout: **5 x 1500 m, 3 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	to Date	
Nicole	sr lwt	4.587	05:48.10	94%	05:50.00	93%	05:50.20	93%	05:52.80	93%	05:52.30	93%	93.25%	05:50.68	12	68	
Natasha	u23	4.587	05:50.00	93%	05:50.70	93%	05:51.30	93%	05:59.90	91%	05:58.20	91%	92.38%	05:54.02	11	144	
Loch	jr	5.154	05:26.80	89%	05:27.30	89%	05:24.30	90%	05:24.10	90%	05:22.90	90%	89.53%	05:25.08	10	31	
Kaitlin	sr	4.716	05:43.90	92%	05:55.00	90%	06:07.00	87%	05:59.30	89%	06:03.60	87%	88.95%	05:57.76	9	20	
Nia	u23 lwt	4.424	06:21.50	89%	06:23.00	89%	06:23.80	88%	06:26.20	88%	06:23.10	89%	88.41%	06:23.52	8	82	
Andrew	mr	5.434	05:06.30	90%	05:11.10	89%	05:12.60	88%	05:17.10	87%	05:17.00	87%	88.26%	05:12.82	7	91	
Curtis	sr	5.434	05:06.20	90%	05:13.80	88%	05:25.70	85%	05:32.40	83%	05:30.40	84%	85.89%	05:21.70	6	35	
Daniel	jr	5.154	05:38.90	86%	05:45.60	84%	05:44.40	85%	05:48.00	84%	05:48.40	84%	84.35%	05:45.06	5	73	
Chris	u23 lwt	5.208	05:32.10	87%	05:45.50	83%	05:54.30	81%	05:54.30	81%	06:04.10	79%	82.36%	05:50.06	4	96	
Derek	jr	5.154	06:03.80	80%	05:54.30	82%	05:52.20	83%	05:49.20	83%	05:59.90	81%	81.80%	05:55.88	3	35	
Breanna	jr	5.154	07:29.60	65%	08:19.60	58%	08:29.70	57%	08:37.10	56%	08:15.40	59%	59.02%	08:14.28	2	12	
Max	jr	5.154	05:56.80	82%	06:17.70	77%	06:21.70	76%	00:00.00	0%	00:00.00	0%	46.97%	05:56.80	1	10	
5X1500m (3'off) cap 28																	
m/s based on Provincial Elite erg standard												speculative time due to baby					
												WRC AVG		81.76%	05:58.97		