

## WRC Winter Erg Series

Date: **Saturday, February 27, 2010**

Location: **Winnipeg Rowing Club**

Workout: **5 x 5 minutes, 8' 30" rest**

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

Name	category	time	m/s	M1	%	M2	%	M3	%	M4	%	M5	%	AVG %	AVG M	Points	to Date
Kevin	sr	05:00.00	5.434	1609	98.70%	1556	95.45%	1561	95.76%	1561	95.76%	1567	96.12%	96.36%	1571	36	127
Natasha	u23	05:00.00	4.587	1332	96.80%	1319	95.85%	1303	94.69%	1308	95.05%	1298	94.32%	95.34%	1312	34	178
Nicole	sr lwt	05:00.00	4.587	1307	94.98%	1315	95.56%	1304	94.76%	1306	94.91%	1313	95.41%	95.12%	1309	32	100
Nia	u23 lwt	05:00.00	4.424	1212	91.32%	1220	91.92%	1220	91.92%	1218	91.77%	1223	92.15%	91.82%	1219	30	112
Paul	u23	05:00.00	5.263	1477	93.55%	1432	90.70%	1411	89.37%	1405	88.99%	1406	89.05%	90.33%	1426	28	144
Andrew	mr	05:00.00	5.434	1507	92.44%	1478	90.66%	1463	89.74%	1455	89.25%	1454	89.19%	90.26%	1471	26	117
Curtis	sr	05:00.00	5.434	1502	92.14%	1452	89.07%	1432	87.84%	1411	86.55%	1418	86.98%	88.52%	1443	24	59
Loch	jr	05:00.00	5.154	1409	91.13%	1372	88.73%	1342	86.79%	1354	87.57%	1364	88.22%	88.49%	1368	22	53
Daniel	jr	05:00.00	5.154	1365	88.28%	1336	86.41%	1340	86.66%	1345	86.99%	1342	86.79%	87.03%	1346	20	93
Rebecca	jr	05:00.00	4.504	1155	85.48%	1161	85.92%	1166	86.29%	1167	86.37%	1162	86.00%	86.01%	1162	18	91
Pawel	u23	05:00.00	5.263	1367	86.58%	1340	84.87%	1293	81.89%	1320	83.60%	1353	85.69%	84.53%	1335	16	78
Derek	jr	05:00.00	5.154	1299	84.01%	1308	84.59%	1295	83.75%	1289	83.37%	1276	82.52%	83.65%	1293	14	49
Erin	sr	05:00.00	4.716	1240	87.64%	1172	82.84%	1183	83.62%	1163	82.20%	1156	81.71%	83.60%	1183	12	12
Daphne	jr	05:00.00	4.504	1140	84.37%	1103	81.63%	1094	80.97%	1096	81.11%	1094	80.97%	81.81%	1105	10	48
Evan	u23	05:00.00	5.263	1287	81.51%	1277	80.88%	1241	78.60%	1222	77.40%	1226	77.65%	79.21%	1251	8	35
Max	jr	05:00.00	5.154	1269	82.07%	1229	79.49%	1203	77.80%	1200	77.61%	1207	78.06%	79.01%	1222	6	16
Brandi	sr lwt	05:00.00	4.587	1258	91.42%	1253	91.05%	1233	89.60%	1224	88.95%	0	0.00%	72.20%	1242	4	62
Breanna	jr	05:00.00	4.504	1021	75.56%	974	72.08%	904	66.90%	929	68.75%	918	67.94%	70.25%	949	2	14
5X5' (8'30"off)														2X Points			
m/s based on Provincial Elite erg standard										<b>WRC AVG</b>		<b>85.75%</b>	<b>1289</b>				