

## WRC Winter Erg Series

Date: **Wednesday, February 3, 2010**

Location: **Winnipeg Rowing Club**

Workout: **6000 meters**

Name	category	m/s	T1	%	Points	to Date
Kevin	sr	5.434	19:33.50	94.09%	28	72
Emily	sr	4.716	22:51.50	92.76%	27	27
Paul	u23	5.263	21:06.20	90.04%	26	98
Natasha	u23	4.587	24:18.40	89.69%	25	93
Andrew	mr	5.434	21:13.40	86.71%	24	56
Nia	u23 lwt	4.424	26:06.90	86.56%	23	59
Dave	mr	5.434	21:35.40	85.24%	22	67
Vic	mr	5.434	21:45.20	84.60%	21	71
Daniel	jr	5.154	22:59.30	84.40%	20	50
Tracy	mr	5.434	22:00.80	83.60%	19	19
Marissa	u23	4.587	26:05.00	83.58%	18	32
Chris	u23 lwt	5.208	23:00.60	83.45%	17	61
Meghan	u23	4.587	26:07.90	83.43%	16	41
Sheila	mr	4.716	25:33.50	82.96%	15	15
Pawel	u23	5.263	23:09.80	82.03%	14	48
Rebecca	jr	4.504	27:08.10	81.82%	13	49
Kellie	mr	4.716	26:09.10	81.08%	12	12
Eric	mr	5.434	23:23.60	78.67%	11	11
Derek	jr	5.154	24:45.90	78.35%	10	26
Daphne	jr	4.504	28:58.20	76.64%	9	27
Yolanda	u23 lwt	4.424	29:31.40	76.56%	8	16
Evan	u23	5.208	25:07.10	76.44%	7	24
Ben	u23	5.263	24:54.90	76.26%	6	6
Ryan	mr	5.434	24:08.90	76.21%	5	5
Sara	u23	4.587	28:39.60	76.07%	4	15
Austin	jr	5.154	26:15.80	73.88%	3	9
Max	jr	5.154	26:34.40	73.01%	2	5
Breanna	jr	4.504	33:44.00	65.82%	1	9
m/s based on Provincial Elite standard				<b>WRC AVG</b>	<b>81.57%</b>	