

## WRC Winter Erg Series

Date: **Saturday, February 6, 2010**

Location: **Winnipeg Rowing Club**

Workout: **2000 meters**

| Name                                   | category | m/s   | T1       | %       | Points        | to Date |
|--|----------|-------|----------|---------|---------------|---------|
| Emily                                  | sr       | 4.716 | 06:58.50 | 101.34% | 20            | 47      |
| Kevin                                  | sr       | 5.434 | 06:09.00 | 99.74%  | 19            | 91      |
| Paul                                   | u23      | 5.263 | 06:28.80 | 97.74%  | 18            | 116     |
| Natasha                                | u23      | 4.587 | 07:41.30 | 94.52%  | 17            | 110     |
| Andrew                                 | mr       | 5.434 | 06:33.20 | 93.60%  | 16            | 72      |
| Nia                                    | u23 lwt  | 4.424 | 08:16.60 | 91.03%  | 15            | 74      |
| Dave                                   | mr       | 5.434 | 06:47.70 | 90.28%  | 14            | 81      |
| Chris                                  | u23 lwt  | 5.208 | 07:05.90 | 90.17%  | 13            | 74      |
| Loch                                   | jr       | 5.154 | 07:11.20 | 89.99%  | 12            | 12      |
| Daniel                                 | jr       | 5.154 | 07:14.50 | 89.31%  | 11            | 61      |
| Meghan                                 | u23      | 4.587 | 08:08.40 | 89.27%  | 10            | 51      |
| Pawel                                  | u23      | 5.263 | 07:14.20 | 87.52%  | 9             | 57      |
| Rebecca                                | jr       | 4.504 | 08:39.40 | 85.49%  | 8             | 57      |
| Daphne                                 | jr       | 4.504 | 08:48.00 | 84.10%  | 7             | 34      |
| Derek                                  | jr       | 5.154 | 07:42.30 | 83.94%  | 6             | 32      |
| Ben                                    | u23      | 5.263 | 07:43.40 | 82.01%  | 5             | 11      |
| Austin                                 | jr       | 5.154 | 08:04.40 | 80.11%  | 4             | 13      |
| Max                                    | jr       | 5.154 | 08:09.50 | 79.27%  | 3             | 8       |
| Kiri                                   | jr       | 4.504 | 09:48.40 | 75.47%  | 2             | 8       |
| Breanna                                | jr       | 4.504 | 10:29.30 | 70.56%  | 1             | 10      |
| <b>WRC AVG</b>                         |          |       |          |         | <b>87.77%</b> |         |
| m/s based on Provincial Elite standard |          |       |          |         |               |         |

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