

WRC Winter Erg Series

Date: **Saturday, January 16, 2010**

Location: **Winnipeg Rowing Club**

5 x 1250 m, 3 minute rest (rate cap 32)

Start time 8:30 am

| Name | category | m/s | T1 | % | T2 | % | T3 | % | T4 | % | T5 | % | AVG % | AVG T | Points | to Date |
|---------|----------|-------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|--------|----------|--------|---------|
| Paul | u23 | 5.263 | 04:07.70 | 96% | 04:17.80 | 92% | 04:21.10 | 91% | 04:20.40 | 91% | 04:18.70 | 92% | 92.40% | 04:17.14 | 18 | 32 |
| Natasha | u23 | 4.587 | 04:50.60 | 94% | 04:59.30 | 91% | 04:59.30 | 91% | 05:03.30 | 90% | 05:01.20 | 90% | 91.24% | 04:58.74 | 17 | 30 |
| Brandi | sr lwt | 4.587 | 04:52.20 | 93% | 05:06.60 | 89% | 05:09.70 | 88% | 05:13.40 | 87% | 05:11.00 | 88% | 88.94% | 05:06.58 | 16 | 28 |
| Meghan | u23 | 4.587 | 05:05.90 | 89% | 05:11.70 | 87% | 05:12.80 | 87% | 05:15.60 | 86% | 05:13.30 | 87% | 87.39% | 05:11.86 | 15 | 25 |
| Marissa | u23 | 4.587 | 04:58.70 | 91% | 05:05.00 | 89% | 05:13.40 | 87% | 05:31.00 | 82% | 05:16.50 | 86% | 87.19% | 05:12.92 | 14 | 14 |
| Vic | mr | 5.434 | 04:12.70 | 91% | 04:24.80 | 87% | 04:32.60 | 84% | 04:34.00 | 84% | 04:35.90 | 83% | 85.92% | 04:28.00 | 13 | 22 |
| Chris | u23 lwt | 5.208 | 04:32.60 | 88% | 04:43.00 | 85% | 04:47.40 | 84% | 04:50.20 | 83% | 04:45.70 | 84% | 84.62% | 04:43.78 | 12 | 20 |
| Sara | u23 | 4.587 | 05:10.60 | 88% | 05:16.70 | 86% | 05:36.00 | 81% | 05:23.80 | 84% | 05:25.00 | 84% | 84.58% | 05:22.42 | 11 | 11 |
| Rebecca | jr | 4.504 | 05:24.00 | 86% | 05:30.00 | 84% | 05:27.00 | 85% | 05:26.00 | 85% | 05:34.20 | 83% | 84.56% | 05:28.24 | 10 | 16 |
| Pawell | u23 | 5.263 | 04:31.50 | 87% | 04:41.10 | 84% | 04:47.30 | 83% | 04:47.50 | 83% | 04:45.10 | 83% | 84.11% | 04:42.50 | 9 | 16 |
| Daniel | jr | 5.154 | 04:30.90 | 90% | 04:52.40 | 83% | 04:53.10 | 83% | 04:57.30 | 82% | 04:55.60 | 82% | 83.77% | 04:49.86 | 8 | 8 |
| Kyle | mr | 5.434 | 04:26.40 | 86% | 04:34.00 | 84% | 04:36.40 | 83% | 04:36.60 | 83% | 05:20.40 | 72% | 81.70% | 04:42.76 | 7 | 12 |
| Daphne | jr | 4.504 | 05:22.10 | 86% | 05:44.00 | 81% | 05:46.00 | 80% | 05:46.90 | 80% | 05:42.30 | 81% | 81.63% | 05:40.26 | 6 | 6 |
| Evan | u23 | 5.208 | 04:46.10 | 84% | 04:58.50 | 80% | 05:03.60 | 79% | 05:06.60 | 78% | 05:09.50 | 78% | 79.84% | 05:00.86 | 5 | 5 |
| Kaia | jr | 4.504 | 05:50.60 | 79% | 06:04.40 | 76% | 06:09.50 | 75% | 06:08.10 | 75% | 06:18.00 | 73% | 75.85% | 06:06.12 | 4 | 4 |
| Kiri | jr | 4.504 | 06:00.30 | 77% | 06:30.10 | 71% | 06:23.50 | 72% | 06:04.70 | 76% | 06:19.20 | 73% | 73.97% | 06:15.56 | 3 | 3 |
| Breanna | jr | 4.504 | 06:22.10 | 73% | 06:38.80 | 70% | 06:51.00 | 68% | 07:00.10 | 66% | 06:48.90 | 68% | 68.74% | 06:44.18 | 2 | 6 |
| Max | jr | 5.154 | 05:05.30 | 79% | 00:00.00 | 0% | 00:00.00 | 0% | 00:00.00 | 0% | 00:00.00 | 0% | 15.89% | 05:05.30 | 1 | 3 |

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|--|--|--|--|--|--|--|--|--|--|--|--|--|----------------|---------------|-----------------|--|--|
| | | | | | | | | | | | | | Partnered | | | | |
| m/s based on Provincial Elite erg standard | | | | | | | | | | | | | WRC AVG | 79.57% | 05:13.17 | | |