

WRC Winter Erg Series

Date: **Saturday, January 23, 2010**

Location: **Winnipeg Rowing Club**

Workout: **5 x 4 minutes, 7 min 30 sec rest, rate cap 32**

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

Name	category	time	m/s	M1	%	M2	%	M3	%	M4	%	M5	%	AVG %	AVG M	Points	to Date		
Kevin	sr	04:00.00	5.434	1301	99.76%	1267	97.15%	1273	97.61%	1266	97.07%	1271	97.46%	97.81%	1276	44	44		
Nicole	sr lwt	04:00.00	4.587	1061	96.38%	1058	96.10%	1057	96.01%	1047	95.11%	1040	94.47%	95.61%	1053	42	56		
Paul	u23	04:00.00	5.263	1229	97.30%	1192	94.37%	1182	93.58%	1184	93.74%	1194	94.53%	94.70%	1196	40	72		
Natasha	u23	04:00.00	4.587	1041	94.56%	1027	93.29%	1006	91.38%	1009	91.65%	1004	91.20%	92.42%	1017	38	68		
Nia	u23 lwt	04:00.00	4.424	993	93.52%	970	91.36%	973	91.64%	950	89.47%	955	89.94%	91.19%	968	36	36		
Dave	mr	04:00.00	5.434	1219	93.47%	1186	90.94%	1171	89.79%	1171	89.79%	1174	90.02%	90.80%	1184	34	45		
Andrew	mr	04:00.00	5.434	1215	93.16%	1186	90.94%	1170	89.71%	1168	89.56%	1172	89.87%	90.65%	1182	32	32		
Brandi	sr lwt	04:00.00	4.587	1029	93.47%	996	90.47%	972	88.29%	979	88.93%	974	88.47%	89.93%	990	30	58		
Vic	mr	04:00.00	5.434	1217	93.32%	1180	90.48%	1162	89.10%	1148	88.03%	1143	87.64%	89.71%	1170	28	50		
Curtis	sr	04:00.00	5.434	1209	92.70%	1170	89.71%	1157	88.72%	1152	88.33%	1139	87.34%	89.36%	1165	26	29		
Chris	u23 lwt	04:00.00	5.208	1148	91.85%	1103	88.25%	1091	87.29%	1065	85.21%	1095	87.61%	88.04%	1100	24	44		
Daniel	jr	04:00.00	5.154	1123	90.79%	1068	86.34%	1065	86.10%	1040	84.08%	1061	85.77%	86.62%	1071	22	30		
Rebecca	jr	04:00.00	4.504	960	88.81%	939	86.87%	914	84.55%	923	85.39%	904	83.63%	85.85%	928	20	36		
Pawel	u23	04:00.00	5.263	1128	89.30%	1060	83.92%	1068	84.55%	1080	85.50%	1075	85.11%	85.68%	1082	18	34		
Derek	jr	04:00.00	5.154	1092	88.28%	1050	84.89%	1060	85.69%	1032	83.43%	1024	82.78%	85.01%	1052	16	16		
Daphne	jr	04:00.00	4.504	948	87.70%	906	83.81%	878	81.22%	892	82.52%	869	80.39%	83.13%	899	14	18		
Evan	u23	04:00.00	5.208	1069	85.53%	1042	83.37%	1022	81.77%	1017	81.37%	1010	80.81%	82.57%	1032	12	17		
Kim	sr lwt	04:00.00	4.587	887	80.57%	902	81.93%	913	82.93%	900	81.75%	884	80.30%	81.50%	897	10	10		
Kaia	jr	04:00.00	4.504	915	84.65%	850	78.63%	864	79.93%	851	78.73%	861	79.65%	80.32%	868	8	12		
Austin	jr	04:00.00	5.154	1036	83.75%	961	77.69%	963	77.85%	939	75.91%	950	76.80%	78.40%	970	6	6		
Kiri	jr	04:00.00	4.504	920	85.11%	816	75.49%	787	72.81%	834	77.15%	806	74.56%	77.02%	833	4	7		
Breanna	jr	04:00.00	4.504	825	76.32%	805	74.47%	758	70.12%	774	71.60%	767	70.96%	72.69%	786	2	8		
														2X Points					
m/s based on Provincial Elite erg standard														WRC AVG		86.77%	1033		