

WRC Winter Erg Series

Date: **Saturday, March 13**

Location: **Winnipeg Rowing Club**

Workout: 4 x 2000 m, 3 minute rest, cap 28

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

Name	category	m/s	T1	%	T2	%	T3	%	T4	%	AVG %	AVG T	Points	to Date
Natasha	u23	4.587	07:46.70	93%	07:53.30	92%	07:58.40	91%	08:10.60	89%	91.39%	07:57.25	11	202
Andrew	mr	5.434	06:53.30	89%	07:08.00	86%	07:14.10	85%	07:13.20	85%	86.20%	07:07.15	10	138
Brandi	sr lwt	4.587	08:00.70	91%	08:33.10	85%	08:45.30	83%	08:30.40	85%	86.03%	08:27.37	9	80
Freddie	mr	4.716	08:11.60	86%	08:22.30	84%	08:12.70	86%	08:16.40	85%	85.55%	08:15.75	8	8
Vic	mr	5.434	06:51.40	89%	07:18.10	84%	07:24.30	83%	07:28.00	82%	84.62%	07:15.45	7	119
Meghan	u23	4.587	08:31.20	85%	08:47.70	83%	08:58.10	81%	08:55.40	81%	82.60%	08:48.10	6	61
Chris	u23	5.263	07:34.30	84%	07:39.40	83%	07:49.50	81%	07:55.90	80%	81.79%	07:44.78	5	101
Rebecca	jr	4.504	09:00.30	82%	09:13.40	80%	09:12.00	80%	09:20.60	79%	80.52%	09:11.57	4	98
Breanna	jr	4.504	10:27.10	71%	11:25.30	65%	11:46.80	63%	10:54.50	68%	66.57%	11:08.43	3	17
Loch	jr	5.154	07:26.50	87%	07:36.80	85%	07:34.30	85%	00:00.00	0%	64.32%	07:32.53	2	55
Daniel	jr	5.154	07:20.90	88%	07:42.00	84%	00:00.00	0%	07:48.70	83%	63.70%	07:37.20	1	94
4X2000m (3'off) cap 28														
m/s based on Provincial Elite erg standard														
											WRC AVG	79.39%	08:16.87	