

WRC Winter Erg Series

Date: **Saturday, March 27**

Location: **Winnipeg Rowing Club**

Workout: 5 x 2000 m, 4 minute rest, cap 28

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

Name	category	m/s	T1	%	T2	%	T3	%	T4	%	T5	%	AVG %	AVG T	Points	to Date	
Brooke	u23	4.587	07:55.60	92%	08:08.20	89%	08:13.30	88%	08:15.00	88%	08:29.10	86%	88.621%	08:12.24	18	18	
Loch	jr	5.154	07:18.80	88%	07:18.30	89%	07:15.60	89%	07:18.80	88%	07:18.00	89%	88.616%	07:17.90	16	71	
Brandi	sr lwt	4.587	08:14.50	88%	08:14.30	88%	08:14.00	88%	08:15.00	88%	08:29.10	86%	87.67%	08:17.38	14	94	
Curtis	sr	5.434	06:50.30	90%	07:03.10	87%	07:09.10	86%	07:20.10	84%	07:13.70	85%	86.19%	07:07.26	12	79	
Chris	u23 lwt	5.208	07:31.60	85%	07:36.10	84%	07:40.70	83%	07:45.30	83%	07:42.20	83%	83.64%	07:39.18	10	111	
Pawel	u23 lwt	5.208	07:18.50	88%	07:49.90	82%	07:46.60	82%	07:49.30	82%	07:47.40	82%	83.12%	07:42.34	8	86	
Rebecca	jr	4.504	09:12.70	80%	09:13.40	80%	09:15.60	80%	09:17.70	80%	09:15.20	80%	80.02%	09:14.92	6	104	
Breanna	jr	4.504	10:07.40	73%	10:34.10	70%	11:10.80	66%	11:48.90	63%	11:21.30	65%	67.43%	11:00.50	4	21	
Kaitlin	sr	4.716	07:41.00	92%	08:26.00	84%	07:59.00	89%	00:00.00	0%	00:00.00	0%	52.87%	08:02.00	2	32	
5X2000m (4'off) cap 28																	
m/s based on Provincial Elite erg standard												WRC AVG		79.80%	08:17.08	2x Points	