

## WRC Winter Erg Series

Date: **Saturday, March 6**

Location: **Winnipeg Rowing Club**

Workout: 5 x 1500 m, 3 minute rest, cap 28

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

Name	category	m/s	T1	%	T2	%	T3	%	T4	%	T5	%	AVG %	AVG T	Points	to Date
Kevin	sr	5.434	04:49.60	95%	04:52.00	95%	04:53.30	94%	04:53.20	94%	04:53.30	94%	94.45%	04:52.28	14	141
Natasha	u23	4.587	05:46.40	94%	05:51.70	93%	05:55.30	92%	05:58.40	91%	05:56.50	92%	92.48%	05:53.66	13	191
Paul	u23	5.263	05:07.40	93%	05:15.50	90%	05:18.30	90%	05:20.30	89%	05:19.80	89%	90.14%	05:16.26	12	156
Andrew	mr	5.434	05:03.40	91%	05:06.60	90%	05:12.30	88%	05:16.80	87%	05:18.30	87%	88.65%	05:11.48	11	128
Kaitlin	sr	4.716	05:46.40	92%	05:51.70	90%	06:08.00	86%	06:15.50	85%	06:05.80	87%	88.07%	06:01.48	10	30
Brandi	sr lwt	4.587	05:54.80	92%	06:14.20	87%	06:20.30	86%	06:20.30	86%	06:20.80	86%	87.48%	06:14.08	9	71
Curtis	sr	5.434	05:04.00	91%	05:12.30	88%	05:18.40	87%	05:20.10	86%	05:25.70	85%	87.38%	05:16.10	8	67
Vic	mr	5.434	05:05.90	90%	05:18.70	87%	05:24.70	85%	05:26.80	84%	05:23.90	85%	86.31%	05:20.00	7	112
Pawel	u23	5.263	05:25.50	88%	05:44.90	83%	05:38.80	84%	05:58.50	80%	05:41.80	83%	83.44%	05:25.50	6	84
Derek	jr	5.154	05:42.80	85%	05:46.80	84%	05:56.80	82%	05:57.40	81%	05:50.80	83%	82.96%	05:50.92	5	54
Meghan	u23	4.587	06:18.20	86%	06:28.80	84%	06:38.10	82%	06:48.80	80%	06:48.10	80%	82.57%	06:36.40	4	55
Rebecca	jr	4.504	06:31.60	85%	06:47.20	82%	06:49.00	81%	07:04.40	78%	06:51.00	81%	81.55%	06:48.64	3	94
Kaia	jr	4.504	06:58.00	80%	07:29.50	74%	07:45.80	71%	07:29.40	74%	07:37.30	73%	74.44%	07:28.00	2	18
Breanna	jr	4.504	07:45.30	72%	08:20.30	67%	08:23.40	66%	08:14.40	67%	08:37.40	64%	67.21%	08:16.16	1	15
5X1500m (3'off) cap 28																
m/s based on Provincial Elite erg standard												<b>WRC AVG</b>	<b>84.79%</b>	<b>06:02.21</b>		