

Orillia Rowing Club

Orillia Crossfit

Indoor Rowing Event – Jan 23, 2011

Meters Rowed	Place	Boat/Team Name	Time Rowed	Avg. Pace/500m	Rowing Classification
Men's 2000 M. - University & High School					
2000	1	Adam Whittal	06:51.70	01:42.90	Senior
2000	2	Rob Hummel	06:52.00	01:43.00	Senior
2000	3	Colm Shannon	06:58.60	01:44.70	Junior
2000	4	Adrian Banks	06:59.20	01:44.80	Senior B
Men's 2000 M. - Masters					
2000	1	Brad Ingleton	06:32.60	01:38.10	Masters C
2000	2	Martin Winkel	06:43.20	01:40.80	Masters C
2000	3	Cam Hodge	06:51.70	01:42.90	Masters AA
2000	4	Dave Tessier	06:55.40	01:43.90	Masters C
2000	5	Dave Ellis	07:03.30	01:45.80	Masters A
2000	6	Dave Watts	07:56.00	01:59.00	Masters H
2000	7	Doug Wiles	08:11.60	02:02.90	Masters F
2000	8	Bob Browne	10:26.30	02:36.60	Masters I
Women's 2000 M. - Masters					
2000	1	Mary Doan	08:16.10	02:04.00	Masters D
2000	2	Jen Ziemba	08:53.80	02:13.40	Masters A
2000	3	Millie Wong	09:19.90	02:20.00	Masters A
Women's 2000 M. - University & High School					
2000	1	Paige Klinkman	07:51.90	01:58.00	Junior
2000	2	Amy Van Ooyen	08:03.70	02:00.90	Senior
2000	3	Lana Johnson	08:03.80	02:00.90	Senior B
2000	4	Laura Miles	08:24.30	02:06.10	Senior
2000	5	Alannah Snell	08:39.60	02:09.90	Junior
Men's 1000 M. - Masters					
1000	1	Dave Tessier	03:19.50	01:39.80	Masters C
1000	2	Ryan Harris	03:19.70	01:39.80	Masters AA
1000	3	Mike McConnell	03:26.20	01:43.10	Masters A
1000	4	Steve Rutan	03:26.40	01:43.20	Masters E
1000	5	Derek Vair	03:30.90	01:45.40	Masters E
1000	6	James Gordan	03:37.90	01:48.90	Masters B
Women's 1000 M. - Masters					
1000	1	Barb Davidson	04:12.30	02:06.20	Masters E
1000	2	Cathy Cleary	04:15.10	02:07.60	Masters E
Men's 1000 M. - University & High School					
1000	1	Patrick Tate	03:20.30	01:40.10	Senior B
1000	2	Mitchell Winkel	03:31.60	01:45.80	Junior B
Women's 1000 M. - University & High School					
1000	1	Sandra Best	04:05.90	02:03.00	Senior B
1000	2	Meaghan White	04:09.40	02:04.70	Junior B
1000	3	Mikaela Holtzheimer	04:12.10	02:06.00	Junior B

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Men's 500 M. - Masters					
500	1	Cam Hodge	01:24.90	01:24.90	Masters AA
500	2	Martin Winkel	01:28.70	01:28.70	Masters C
500	3	Dave Ellis	01:32.60	01:32.60	Masters AA
500	4	Dave Tessier	01:35.00	01:35.00	Masters C
500	5	Bahram Farabakhsh	01:37.20	01:37.20	Masters E
500	6	Derek Vair	01:37.70	01:37.70	Masters E
500	7	Ryan Harris	01:38.10	01:38.10	Masters AA
500	8	Steve Rutan	01:40.10	01:40.10	Masters E
500	9	Mike Smith	01:41.70	01:41.70	Masters D
500	10	Dave Watts	01:44.30	01:44.30	Masters H
500	11	Doug Wiles	01:48.80	01:48.80	Masters F
Women's 500 M. - Masters					
500	1	Cindy Rusak	01:54.20	01:54.20	Masters D
500	2	Jen Ziemba	01:55.30	01:55.30	Masters A
500	3	Mary Doan	01:56.80	01:56.80	Masters D
500	4	Millie Wong	01:59.80	01:59.80	Masters A
500	5	Barb Davidson	01:59.90	01:59.90	Masters E
Men's 500 M. - University & High School					
500	1	Colm Shannon	01:28.30	01:28.30	Junior
500	2	Adam Whittal	01:28.80	01:28.80	Senior
500	3	Patrick Tate	01:32.80	01:32.80	Senior B
500	4	Mitchell Winkel	01:37.30	01:37.30	Junior B
Women's 500 M. - University & High School					
500	1	Paige Klinkman	01:46.10	01:46.10	Junior
500	2	Amy Van Ooyen	01:46.60	01:46.60	Senior
500	3	Lana Johnston	01:49.80	01:49.80	Senior B
500	4	Alannah Snell	01:52.70	01:52.70	Junior
500	5	Mikaela Holtzheimer	02:04.50	02:04.50	Junior B
500	6	Mary Rusak	02:13.20	02:13.20	Junior B

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Meters Rowed	Place	Boat/Team Name	Time Rowed	Avg. Pace/500m	Rowing Classification
Men's 100 M. - Masters					
100	1	Cam Hodge	15.7	01:18.40	Masters AA
100	2	Martin Winkel	15.9	01:19.70	Masters C
100	3	Brad Ingleton	16.5	01:22.30	Masters C
100	4	Dave Ellis	17	01:24.80	Masters A
100	5	Ryan Harris	17.5	01:27.40	Masters AA
100	6	Mike McConnell	17.7	01:28.40	Masters A
100	7	Mike Smith	18.1	01:30.40	Masters D
100	8	Derek Vair	18.3	01:31.70	Masters E
100	9	Dave Tessier	19	01:34.80	Masters C
Women's 100 M. - Masters					
100	1	Barb Davidson	21.6	01:47.80	Masters E
100	2	Cathy Cleary	22.3	01:51.40	Masters E
100	3	Mary Doan	23.1	01:55.70	Masters D
100	4	Millie Wong	24	01:59.90	Masters A
Men's 100 M. - University & High School					
100	1	Patrick Tate	16.4	01:22.00	Senior B
100	2	Adam Whittal	17.1	01:25.70	Senior
100	3	Rob Hummel	18.1	01:30.70	Senior
100	4	Mitchell Winkel	18.2	01:31.20	Junior B
Women's 100 M. - University & High School					
100	1	Paige Klinkman	19.6	01:38.10	Junior
100	2	Lana Johnston	20.1	01:40.70	Senior B
100	3	Laura Miles	20.9	01:44.60	Senior
100	4	Meaghan White	21	01:44.80	Junior B
100	5	Amy Van Ooyen	21	01:45.10	Senior
100	6	Alannah Snell	21	01:45.10	Junior
100	7	Mikaela Holtzheimer	23.3	01:56.30	Junior B
Team Relay Race					
2000	1	Crossfit – Awesome Tron	06:47.30	01:41.80	
2000	2	Lakehead University	06:47.70	01:41.90	
2000	3	Masters2	06:51.20	01:42.80	
2000	4	Severn River RC	06:53.10	01:43.30	
2000	5	Masters1	07:04.30	01:46.10	
2000	6	Highschool Crew	07:05.10	01:46.30	
2000	7	Masters3	07:39.30	01:54.80	