

**Orillia Rowing Club and Crossfit Orillia – 2013 Erg event**

**2000 m Women**

| Place | Rower Name       | Time    | Distance | Avg. Pace |
|-------|------------------|---------|----------|-----------|
| 1     | Sarah Pidgen     | 07:23.9 | 2000     | 1:51.0    |
| 2     | Louise Magonigal | 08:26.9 | 2000     | 2:06.7    |
| 3     | Barb Pidgen      | 08:45.4 | 2000     | 2:11.3    |
| 4     | Carol Strickland | 10:51.5 | 2000     | 2:42.9    |

| Interval | Boat             | Time  | Meters | Split_Avg_Pace | Split_Stroke_Rate |
|----------|------------------|-------|--------|----------------|-------------------|
|          | Sarah Pidgen     | 108.8 | 500    | 108.8          | 32                |
|          |                  | 112.3 | 1000   | 112.3          | 29                |
|          |                  | 112   | 1500   | 112            | 30                |
|          |                  | 110.7 | 2000   | 110.7          | 32                |
|          | Carol Strickland | 160.1 | 500    | 160.1          | 30                |
|          |                  | 164   | 1000   | 164            | 29                |
|          |                  | 164.9 | 1500   | 164.9          | 29                |
|          |                  | 162.5 | 2000   | 162.5          | 30                |
|          | Louise Magonigal | 125.3 | 500    | 125.3          | 35                |
|          |                  | 126.1 | 1000   | 126.1          | 32                |
|          |                  | 127.3 | 1500   | 127.3          | 32                |
|          |                  | 128.1 | 2000   | 128.1          | 32                |
|          | Barb Pidgen      | 129   | 500    | 129            | 27                |
|          |                  | 133.5 | 1000   | 133.5          | 25                |
|          |                  | 133.8 | 1500   | 133.8          | 26                |
|          |                  | 129   | 2000   | 129            | 28                |

**1000 m Women**

| Place | Rower Name      | Time    | Distance | Avg. Pace |
|-------|-----------------|---------|----------|-----------|
| 1     | Ashley Knight   | 03:46.1 | 1000     | 1:53.1    |
| 2     | Diane Barr      | 03:56.6 | 1000     | 1:58.3    |
| 3     | Emily Wilson    | 04:13.8 | 1000     | 2:06.9    |
| 4     | Grace Schofield | 04:19.7 | 1000     | 2:09.9    |

| Interval | Boat            | Time  | Meters | Split_Avg_Pace | Split_Stroke_Rate |
|----------|-----------------|-------|--------|----------------|-------------------|
|          | Diane Barr      | 115.3 | 500    | 115.3          | 34                |
|          |                 | 121.2 | 1000   | 121.2          | 35                |
|          | Ashley Knight   | 104.3 | 500    | 104.3          | 37                |
|          |                 | 121.8 | 1000   | 121.8          | 30                |
|          | Grace Schofield | 129.1 | 500    | 129.1          | 37                |
|          |                 | 130.6 | 1000   | 130.6          | 37                |
|          | Emily Wilson    | 122.4 | 500    | 122.4          | 37                |
|          |                 | 131.4 | 1000   | 131.4          | 35                |

**2000 m Men**

| Place | Rower Name   | Time    | Distance | Avg. Pace |
|-------|--------------|---------|----------|-----------|
| 1     | Adam Whittal | 06:50.0 | 2000     | 1:42.5    |
| 2     | Jeremy Rand  | 07:12.7 | 2000     | 1:48.2    |
| 3     | Dave Watts   | 07:39.3 | 2000     | 1:54.8    |

| Interval | Boat         | Time  | Meters | Split_Avg_Pace | Split_Stroke_Rate |
|----------|--------------|-------|--------|----------------|-------------------|
|          | Dave Watts   | 110.2 | 500    | 110.2          | 32                |
|          |              | 113.7 | 1000   | 113.7          | 29                |
|          |              | 117.1 | 1500   | 117.1          | 30                |
|          |              | 118.4 | 2000   | 118.4          | 31                |
|          | Jeremy Rand  | 103   | 500    | 103            | 27                |
|          |              | 108.3 | 1000   | 108.3          | 24                |
|          |              | 111   | 1500   | 111            | 26                |
|          |              | 110.4 | 2000   | 110.4          | 28                |
|          | Adam Whittal | 97.8  | 500    | 97.8           | 21                |
|          |              | 101.8 | 1000   | 101.8          | 19                |
|          |              | 105.4 | 1500   | 105.4          | 19                |
|          |              | 105.1 | 2000   | 105.1          | 21                |

**1000 m Men**

| Place | Rower Name     | Time    | Distance | Avg. Pace |
|-------|----------------|---------|----------|-----------|
| 1     | Ben Alarie     | 02:59.4 | 1000     | 1:29.7    |
| 2     | Brad Ingleton  | 03:05.4 | 1000     | 1:32.7    |
| 3     | Mike McConnell | 03:18.2 | 1000     | 1:39.1    |
| 4     | Justin Miller  | 03:34.4 | 1000     | 1:47.2    |
| 5     | Mike Smith     | 03:46.6 | 1000     | 1:53.3    |
| 6     | Rick Dalmazzi  | 04:01.5 | 1000     | 2:00.8    |

| Interval | Boat           | Time  | Meters | Split_Avg_Pace | Split_Stroke_Rate |
|----------|----------------|-------|--------|----------------|-------------------|
|          | Ben Alarie     | 86    | 500    | 86             | 37                |
|          |                | 93.5  | 1000   | 93.5           | 35                |
|          | Mike McConnell | 97.3  | 500    | 97.3           | 27                |
|          |                | 101   | 1000   | 101            | 30                |
|          | Brad Ingleton  | 92.6  | 500    | 92.6           | 32                |
|          |                | 92.8  | 1000   | 92.8           | 33                |
|          | Mike Smith     | 111   | 500    | 111            | 30                |
|          |                | 115.6 | 1000   | 115.6          | 31                |
|          | Rick Dalmazzi  | 120.7 | 500    | 120.7          | 29                |
|          |                | 120.8 | 1000   | 120.8          | 29                |
|          | Justin Miller  | 103.4 | 500    | 103.4          | 37                |
|          |                | 110.9 | 1000   | 110.9          | 35                |

**500 m Women**

| Place | Rower Name       | Time    | Distance | Avg. Pace |
|-------|------------------|---------|----------|-----------|
| 1     | Susan Thomas     | 01:47.9 | 500      | 1:47.9    |
| 2     | Louise Mogonigal | 01:55.8 | 500      | 1:55.8    |
| 3     | Grace Schofield  | 02:02.5 | 500      | 2:02.5    |
| 4     | Carol Strickland | 02:30.1 | 500      | 2:30.1    |

**100 m Women**

| Place | Rower Name   | Time | Distance | Avg. Pace |
|-------|--------------|------|----------|-----------|
| 1     | Diane Barr   | 21.8 | 100      | 1:49.0    |
| 2     | Barb Pidgen  | 22.2 | 100      | 1:50.9    |
| 3     | Emily Wilson | 22.6 | 100      | 1:53.2    |

**500 m Men**

| Place | Rower Name    | Time    | Distance | Avg. Pace |
|-------|---------------|---------|----------|-----------|
| 1     | Jeremy Rand   | 01:35.4 | 500      | 1:35.4    |
| 2     | Dave Watts    | 01:41.9 | 500      | 1:41.9    |
| 3     | Paul Cleary   | 01:55.8 | 500      | 1:55.8    |
| 4     | Dexter Zacour | 01:55.9 | 500      | 1:55.9    |

**100 m Men**

| Place | Rower Name    | Time | Distance | Avg. Pace |
|-------|---------------|------|----------|-----------|
| 1     | Ben Alarie    | 15   | 100      | 1:15.2    |
| 2     | Brad Ingleton | 17   | 100      | 1:25.0    |
| 3     | Mike Smith    | 18.2 | 100      | 1:31.2    |
| 4     | Jeremy Rand   | 18.7 | 100      | 1:33.6    |
| 5     | Dexter Zacour | 24.2 | 100      | 2:00.8    |

**Team Relay 2000 m**

| Place | Team Name            | Time    | Distance | Avg. Pace |
|-------|----------------------|---------|----------|-----------|
| 1     | Crossfit Orillia     | 06:23.7 | 2000     | 1:35.9    |
| 2     | Severn River Men     | 06:24.3 | 2000     | 1:36.1    |
| 3     | Couchiching Crushers | 08:29.2 | 2000     | 2:07.3    |

| Interval | Boat                 | Time  | Meters | Split_Avg_Pace | Split_Stroke_Rate |
|----------|----------------------|-------|--------|----------------|-------------------|
|          | Crossfit Orillia     | 91.4  | 500    | 91.4           | 33                |
|          |                      | 106.1 | 1000   | 106.1          | 40                |
|          |                      | 99.5  | 1500   | 99.5           | 37                |
|          |                      | 86.7  | 2000   | 86.7           | 33                |
|          | Couchiching Crushers | 121.8 | 500    | 121.8          | 32                |
|          |                      | 125.3 | 1000   | 125.3          | 38                |
|          |                      | 154.6 | 1500   | 154.6          | 35                |
|          |                      | 107.4 | 2000   | 107.4          | 33                |
|          | Severn River Men     | 95.7  | 500    | 95.7           | 41                |
|          |                      | 94.2  | 1000   | 94.2           | 36                |
|          |                      | 98.1  | 1500   | 98.1           | 39                |
|          |                      | 96.2  | 2000   | 96.2           | 39                |