

Orillia Rowing Club and CrossFit Orillia
Ergometer Competition January 19th, 2014

Place	Time Rowed	Boat/Team Name	Race	500 m splits	
			Avg. Pace	Avg_Pace	Stroke_Rate
Mens 2000 m					
1	06:27.3	Joe Johnson	1:36.8		
2	06:28.0	Andrew Abbink	1:37.0		
3	06:38.0	John Thompson	1:39.5		
4	06:45.9	Martin Winkel	1:41.5		
5	07:04.7	Jeremy Rand	1:46.2		
6	07:05.6	Ted Hellingman	1:46.4		
7	07:15.4	Tyler Thompson	1:48.8		
8	07:27.1	James Hare	1:51.8		

Meters

500	Ted Hellingman	103.5	31
1000		106.4	28
1500		107.5	28
2000		108.3	29
500	Joe Johnson	94	31
1000		98.1	28
1500		99.1	28
2000		96.1	28
500	Martin Winkel	100.3	29
1000		102.1	31
1500		103.5	30
2000		100	32
500	John Thompson	96.6	30
1000		99.5	29
1500		101.1	28
2000		100.7	29
500	Tyler Thompson	104.2	32
1000		107.8	30
1500		111.9	28
2000		111.5	27
500	James Hare	100.2	31
1000		114.4	26
1500		118.5	27
2000		114	28
500	Andrew Abbink	93.3	35
1000		97.5	33
1500		98.9	32
2000		98.3	32
500	Jeremy Rand	99.9	34
1000		105.1	31
1500		110.1	31
2000		109.7	31

Place	Time Rowed	Boat/Team Name	Race	500 m splits	
			Avg. Pace	Avg_Pace	Stroke_Rate
Womens 2000 m					
1	08:05.5	Veronica Hatcher	2:01.4		
2	08:31.6	Emma Naughton	2:07.9		
3	08:56.4	Marissa Druken	2:14.1		
4	09:48.9	Elke Hellingman	2:27.2		

Meters

500	Veronica Hatcher	113.2	36
1000		123.1	32
1500		124.6	32
2000		124.6	31
500	Emma Naughton	119.1	34
1000		130.5	32
1500		134	30
2000		128	30
500	Elke Hellingman	140.5	33
1000		148.8	30
1500		151.5	30
2000		148.1	30
500	Marissa Druken	118.3	35
1000		139.2	29
1500		140.9	29
2000		137.9	30

Mens 1000 m

1	03:05.0	Brad Ingleton	1:32.5
2	03:18.2	Cam Wallis	1:39.1
3	03:25.7	Tyler Thompson	1:42.8
4	03:32.7	Dave Watts	1:46.4
5	03:45.3	Mike Smith	1:52.7
6	04:02.3	Doug Wiles	2:01.1

Meters

500	Dave Watts	106.2	36
1000		106.5	34
500	Brad Ingleton	91.2	35
1000		93.8	35
500	Doug Wiles	117.2	36
1000		125.1	35
500	Tyler Thompson	103.3	35
1000		102.4	37
500	Cam Wallis	94.6	35
1000		103.6	34
500	Mike Smith	109.6	33
1000		115.7	32

Place	Time Rowed	Boat/Team Name	Race	500 m splits	
			Avg. Pace	Avg_Pace	Stroke_Rate
Womens 1000 m					
1	03:49.6	Bev Sheremeto	1:54.8		
2	03:57.7	Cindy Rusak	1:58.9		
3	04:01.4	Louise McGonigal	2:00.7	*** World record time	
4	04:10.9	Barb Pidgen	2:05.5		
5	04:20.8	Shannon Stevens	2:10.4		
6	05:04.6	Carol Strickland	2:32.3		

Meters	Boat	Avg_Pace	Stroke_Rate
500	Louise McGonigal	120.2	36
1000		121.2	34
500	Carol Strickland	146.4	28
1000		158.2	27
500	Cindy Rusak	117.9	31
1000		119.8	32
500	Barb Pidgen	127.1	28
1000		123.8	29
500	Shannon Stevens	121.8	37
1000		139	34
500	Bev Sheremeto	111.3	33
1000		118.3	31

Womens 1000 m

1	04:01.6	Elisha Aucoin	2:00.8
2	04:16.7	Marti Gossoin	2:08.3
3	04:16.8	Emily Wilson	2:08.4
4	04:24.7	Emily McClellan	2:12.3
5	04:28.8	Kathy Hunt	2:14.4
6	04:31.0	Lauren Gallacher	2:15.5

Meters	Boat	Avg_Pace	Stroke_Rate
500	Emily McClellan	125.6	33
1000		139.1	32
500	Lauren Gallacher	128.5	34
1000		142.5	34
500	Elisha Aucoin	115.5	37
1000		126.1	37
500	Emily Wilson	121.1	44
1000		135.8	40
500	Kathy Hunt	128.3	36
1000		140.5	35
500	Marti Gossoin	128.5	34
1000		128.2	33

	Place	Time Rowed	Boat/Team Name	Race	500 m splits	
				Avg. Pace	Avg_Pace	Stroke_Rate
Mens 500 m						
	1	01:25.0	Andrew Abbink	1:25.0		
	2	01:25.5	Joe Johnson	1:25.5		
	3	01:32.2	Jeremy Rand	1:32.2		
	4	01:38.0	Tyler Thompson	1:37.9		
	5	01:40.6	Dave Watts	1:40.6		
	6	01:44.0	Paul Cleary	1:44.0		
	7	01:50.9	Doug Wiles	1:50.9		
Womens 500 m						
	1	01:56.1	Lousie Bongers	1:56.1		
	2	01:56.7	Louise McGonigal	1:56.7		
	3	01:59.5	Marti Gossoin	1:59.5		
	4		Meaghan White	dnf		
Mens 500 m doubles						
	1	01:30.5	Cam Wallis / Mike McConnell	1:30.5		
	2	01:36.5	Tyler Thompson / James Hare	1:36.5		
	3	01:39.5	Mike Smith / Jeremy Rand	1:39.5		
Womens 500 m doubles						
	1	01:53.0	Veronica Hatcher / Emma Naughton	1:53.0		
	2	01:59.5	Emily Wilson / Cindy Rusak	1:59.5		
	3	02:10.5	EmilyMcClennan / Lauren Gallacher	2:10.5		
Womens 500 m doubles						
	1	02:03.0	Louise Bongers / Sue Nilss	2:03.0		
	2	02:03.5	Kathy Hunt / Marti Gossin	2:03.5		
Parent-child 500 m doubles						
	1	01:47.3	Veronica & Miles Hatcher	1:47.3		
	2	01:51.4	Elke & Ted Hellingman	1:51.4		
Mixed 500 m doubles						
	1	01:42.0	Brad Ingleton / Shannon Stevens	1:42.0		
	1	01:42.0	Martin Winkel / Marissa Druken	1:42.0		
	3	01:48.5	Paul Cleary / Bev Sheremeto	1:48.5		
Mixed 500 m doubles						
	1	01:38.5	Joe Johnson / Elisha Aucoin	1:38.5		
	2	01:48.4	Cindy Rusak / Tyler Thompson	1:48.4		
	3	01:52.0	Barb Pidgen / Ron Pidgen	1:52.0		