

Orillia Rowing Club and CrossFit Orillia
Ergometer Competition January 18th, 2015

Mens 2000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	06:40.3	Matt Druken	1:40.0
2	06:47.1	Michael Nekić	1:41.7
3	07:05.3	Tyler Thomson	1:46.2
4	07:11.0	Javier Cappella	1:47.7
5	07:35.0	Ryan Zirger	1:53.7
6	07:49.3	Martin Kaspar	1:57.3

Womens 2000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	07:15.9	Sarah Pidgen	1:49.0
2	07:51.5	Susan Thomas	1:57.9
3	08:26.9	Marissa Druken	2:06.7
4	08:45.3	Claire Towns	2:11.3

Meters		500 m splits	
		Avg_Pace	Stroke_Rate
500	Sarah Pidgen	108.1	33
1000		109	32
1500		110.5	32
2000		108.3	34
500	Susan Thomas	112	30
1000		116.7	27
1500		121.9	29
2000		120.9	36
500	Claire Towns	120.1	30
1000		129	27
1500		130.3	28
2000		127.5	29
500	Marissa Druken	121.7	29
1000		132.4	25
1500		137.2	24
2000		134	27

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Mens 1000 m

1	02:59.3	Joe Johnson	1:29.6
2	03:16.2	Jon Cornelissen	1:38.1
3	03:23.0	Jeremey Rand	1:41.5
4	03:24.5	Tyler Thomson	1:42.3
5	03:31.0	Eric Develter	1:45.5
6	03:32.8	Dave Watts	1:46.4
7	03:33.0	Kim Parlett	1:46.5
8	04:02.7	Paul Cleary	2:01.3

		500 m splits	
Meters		Avg_Pace	Stroke_Rate
500	Joe Johnson	85.3	37
1000		93.9	34
500	Jon Cornelissen	93	35
1000		103.3	33
500	Jeremey Rand	96.2	32
1000		106.8	29
500	Tyler Thomson	103.9	36
1000		100.6	36
500	Eric Develter	108.1	43
1000		102.9	47
500	Dave Watts	103.7	38
1000		109	34
500	Kim Parlett	102.8	39
1000		110.2	38
500	Paul Cleary	110.8	36
1000		131.9	36

Womens 1000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	03:47.2	Teresa Love	1:53.6
2	04:01.0	Cindy Rusak	2:00.5
3	04:04.6	Louise McGonigal	2:02.3
4	04:10.7	Kathleen Roubos	2:05.4
5	04:15.3	Barb Pidgen	2:07.6
6	04:36.5	Jasmine Foreman	2:18.2
	DNF	Sarah Feaver	

		500 m splits	
Meters	Boat	Avg_Pace	Stroke_Rate
500	Teresa Love	105.7	36
1000		121.5	33
500	Cindy Rusak	118.8	32
1000		122.2	32
500	Louise McGonigal	120.4	37
1000		124.3	35
500	Kathleen Roubos	122.5	31
1000		128.2	31
500	Barb Pidgen	129.9	28
1000		125.4	29
500	Jasmine Foreman	135.5	35
1000		141	32

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	Place	Time Rowed	Boat/Team Name	Avg. Pace
Mens 500 m				
	1	01:31.0	Cameron Wallace	1:30.9
	2	01:31.8	Javier Cappella	1:31.8
	3	01:36.5	Tyler Thomson	1:36.5
	4	01:42.0	Eric Develter	1:42.0
	5	01:48.7	Paul Cleary	1:48.7
	6	01:48.8	Martin Kaspar	1:48.8
Womens 500 m				
	1	01:55.2	Cindy Rusak	1:55.2
	2	01:57.9	Kathleen Roubos	1:57.8
	3	01:58.7	Louise McGonigal	1:58.7
	4	02:11.4	Jasmine Foreman	2:11.4
Mens 500 m doubles				
	1	01:29.4	Matt Druken / Joe Johnson	1:29.4
	2	01:40.9	Martin Kaspar / Jeremy Rand	1:40.9
	3	01:42.0	Kim Parlett / Tyler Thomson	1:42.0
Womens 500 m doubles				
	1	01:47.5	Susan Thomas / Teresa Love	1:47.5
	2	02:10.0	Sarah Feaver / Jasmine Foreman	2:10.0
Mixed 500 m doubles				
	1	01:35.0	Sarah Pidgen / Michael Nekic	1:35.0
	2	01:38.0	Laura Pidgen / Aaron Grainge	1:38.0
	3	01:46.0	Claire Towns / Javier Cappella	1:46.0
	4	01:48.5	Cindy Rusak / Tyler Thomson	1:48.5
	5	01:51.5	Ryan Zirger / Marissa Druken	1:51.5
Parent-child 500 m doubles				
	1	01:45.5	Sue Nilsson / Mike McConnell	1:45.5
	2	01:50.0	Barb Pidgen / Aaron Grainge	1:50.0