

Orillia Rowing Club and CrossFit Orillia
Ergometer Competition January 24th, 2016

Mens 2000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	06:30.3	Matt Druken	1:37.6
2	06:54.6	Javier Cappella	1:43.6
3	07:32.3	Tosh Aggarwal	1:53.1
4	07:57.7	Karl Euler	1:59.4

500 m splits			
Meters	Boat/Team Name	Avg_Pace	Stroke_Rate
500	Matt Druken	95.4	33
1000		96.1	32
1500		99.7	33
2000		99	38
500	Javier Cappella	100.7	27
1000		103.7	25
1500		105	26
2000		105.3	27
500	Tosh Aggarwal	112.5	28
1000		113.9	27
1500		114.3	28
2000		111.5	31
500	Karl Euler	105	33
1000		118.6	32
1500		126.3	32
2000		127.9	34

Womens 2000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	08:37.4	Claire Towns	2:09.4

500 m splits			
Meters	Boat/Team Name	Avg_Pace	Stroke_Rate
500	Claire Towns	123.8	29
1000		129.7	25
1500		132.8	25
2000		131.1	27

Mens 1000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	03:06.1	Ken Costello	1:33.1
2	03:23.3	Ed Develton	1:41.7
3	03:34.2	Dave Watts	1:47.1

500 m splits			
Meters	Boat/Team Name	Avg_Pace	Stroke_Rate
500	Ken Costello	93.4	34
1000		92.7	36
500	Ed Develton	104.6	37
1000		98.7	38
500	Dave Watts	104	38
1000		110.2	35

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Womens 1000 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	03:45.8	Victoria McDonald	1:52.9
2	04:00.4	Lily Baker	2:00.2
3	04:07.5	Louise McGonigal	2:03.8
4	04:17.1	Jasmine Forman	2:08.6

		500 m splits	
Meters	Boat/Team Name	Avg_Pace	Stroke_Rate
500	Victoria McDonald	110.2	29
1000		115.6	27
500	Lily Baker	119.6	34
1000		120.8	33
500	Louise McGonigal	123.2	36
1000		124.3	33
500	Jasmine Forman	125.7	33
1000		131.4	33

Mens 500 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	01:30.9	Javier Cappella	1:30.9
2	01:38.4	Tosh Aggarwal	1:38.4
3	01:38.8	Mitchell Friend	1:38.8
4	01:41.2	Dave Watts	1:41.2
5	01:43.5	Karl Euler	1:43.5

Womens 500 m

Place	Time Rowed	Boat/Team Name	Avg. Pace
1	01:47.0	Victoria McDonald	1:47.0
2	01:55.9	Bonnie Euler	1:55.9
3	01:57.1	Cindy Rusak	1:57.1
4	01:57.5	Louise McGonigal	1:57.4
5	02:19.5	Arlene Jackson	2:19.5

500 m Doubles

Place	Time Rowed	Boat/Team Name	Avg. Pace	Distance	Pace
1	01:42.5	Cindy/Mike	1:42.5		
		Cindy		439	01:56.5
		Mike		561	01:31.4
2	01:46.0	Mitchell/Victoria	1:46.0		
		Mitchell		510	01:43.9
		Victoria		492	01:47.7
3	01:46.5	Claire/Javier	1:46.5		
		Claire		454	01:57.1
		Javier		545	01:37.6
4	01:59.0	Jasmine/Lily	1:59.0		
		Jasmine		486	02:02.3
		Lily		514	01:55.8