

Orillia Rowing Club and CrossFit Orillia
 Ergometer Competition January 28th, 2017

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
Mens 2000 m			
1	07:03.8	Leif Manners	1:45.9
2	07:12.0	Andrew Quinn	1:48.0
3	07:22.3	Chris Zeeb	1:50.6

Meters		500 m splits	
		Avg_Pace	Stroke_Rate
500	Leif Manners	105.1	33
1000		106.3	30
1500		107.7	30
2000		104.6	32
500	Andrew Quinn	107.5	34
1000		111.3	33
1500		108.7	33
2000		104.5	36
500	Chris Zeeb	109.1	32
1000		111.9	31
1500		112.2	31
2000		109.1	34

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
1	08:02.4	Michelle Rumney	2:00.6
2	08:01.3	Lily Baker	2:00.3
3	08:31.1	Lindsay Grant	2:07.8
4	08:34.3	Jasmine Foreman	2:08.6
5	08:39.8	Claire Towns	2:09.9
6	08:48.1	Sarah Parham	2:12.0
7	08:52.7	Megan Jewell	2:13.2
8	08:52.8	Kristi Smith	2:13.2
9	09:06.1	Kialeigh Magee	2:16.5

Meters		500 m splits	
		Avg_Pace	Stroke_Rate
500	Michelle Rumney	120.2	30
1000		120.1	30
1500		123.1	30
2000		119.1	29
500	Lily Baker	117.2	37
1000		121.2	33
1500		123.7	33
2000		119.3	35
500	Lindsay Grant	123.6	29
1000		127.5	22
1500		132	22
2000		128.1	25
500	Jasmine Foreman	120.5	35
1000		129.8	31
1500		133.9	30
2000		130.1	31
500	Claire Towns	123	28
1000		131.8	25
1500		134	25
2000		131	26
500	Sarah Parham	121.9	27
1000		137.7	26
1500		137	27
2000		131.5	28
500	Megan Jewell	125.1	35
1000		138	32
1500		137.6	32
2000		132	33
500	Kristi Smith	124.1	32
1000		132.7	30
1500		137.8	29
2000		138.3	29
500	Kialeigh Magee	127.8	32
1000		137.8	29
1500		140.4	28
2000		140.2	29

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
1	03:12.5	Adam McMullin	1:36.2
2	03:20.2	Jeremy Rand	1:40.1
3	03:20.6	Dermot Cleary	1:40.3
4	03:23.9	Andrew Quinn	1:41.9
5	03:27.8	Andre Gordon	1:43.9
6	03:30.1	Chris Zeeb	1:45.0
7	03:42.3	Terence Conroy	1:51.2
8	04:27.1	Austin McCutcheon	2:13.5

		500 m splits	
Meters		Avg_Pace	Stroke_Rate
500	Adam McMullin	95.5	25
1000		96.9	28
500	Jeremy Rand	96	33
1000		104.3	31
500	Dermot Cleary	102.8	33
1000		97.9	37
500	Andrew Quinn	98.5	38
1000		105.4	36
500	Andre Gordon	100.7	34
1000		107.1	32
500	Chris Zeeb	103.7	36
1000		106.4	34
500	Terence Conroy	106.5	29
1000		115.8	28
500	Austin McCutcheon	130.9	35
1000		136.1	37

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
1	03:53.4	Kelay Katona	1:56.7
2	03:56.2	Michelle Rumney	1:58.1
3	04:08.5	Rosanna Shilolo	2:04.2
4	04:12.7	Melissa Caron	2:06.4
5	04:34.8	Marilyn Preece	2:17.4

		500 m splits	
Meters	Boat	Avg_Pace	Stroke_Rate
500	Kelay Katona	111.5	29
1000		121.9	29
500	Michelle Rumney	119.3	30
1000		117	30
500	Rosanna Shilolo	121.5	33
1000		126.9	30
500	Melissa Caron	115.6	33
1000		137.1	32
500	Marilyn Preece	138.4	30
1000		136.4	30

	Place	Time Rowed	Boat/Team Name	Race Avg. Pace
Mens 500 m				
	1	01:28.5	Adam McMullin	1:28.5
	2	01:33.1	Dermot Cleary	1:33.1
	3	01:33.2	Andrew Quinn	1:33.2
	4	01:36.1	Leif Manners	1:36.1
	5	01:36.4	Andrew Bongers	1:36.4
	6	01:39.4	Dave Watts	1:39.4
	7	01:46.5	Nathan Doyle	1:46.5
	8	02:08.5	Austin McCutcheon	2:08.5
Womens 500 m				
	1	01:48.5	Kelay Katona	1:48.5
	2	01:53.3	Michelle Rumney	1:53.3
	3	01:54.9	Lindsay Grant	1:54.9
	4	01:57.1	Melissa Caron	1:57.1
	5	01:58.9	Louise McGonigal	1:58.8
	6	01:59.1	Kialeigh Magee	1:59.1
	7	02:19.1	Reagan Pasham	2:19.1
500 m doubles				
	1	01:38.0	Terence / Jeremy	1:38.0
	2	01:48.0	Andrew / Nathan	1:48.0
	3	01:55.0	Reagan / Mike	1:55.0
	4	01:57.0	Kristi / Claire	1:57.0