

**Orillia Rowing Club and CrossFit Orillia**  
Ergometer Competition January 21st, 2018

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
<b>Mens 2000 m</b>			
1	07:12.7	Chris Zeeb	01:48.2
2	07:25.4	Keith Hodgson	01:51.4

Meters		500 m splits	
		Avg_Pace	Stroke_Rate
500	Chris Zeeb	106.1	29
1000		108.5	25
1500		109.6	27
2000		108.5	28
500	Keith Hodgson	107.7	37
1000		110.9	32
1500		113.4	30
2000		113.4	30

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
<b>Womens 2000 m</b>			
1	07:55.6	Michelle Rumney	01:58.9
2	08:10.2	Kennedy Burrows	02:02.5
3	08:29.8	Cathy ODell	02:07.4

Meters		500 m splits	
		Avg_Pace	Stroke_Rate
500	Michelle Rumney	119.7	31
1000		118.7	29
1500		118.9	30
2000		118.3	29
500	Kennedy Burrows	115.9	30
1000		122.5	26
1500		124.5	27
2000		127.3	29
500	Cathy ODell	126.8	30
1000		130.4	29
1500		130.8	30
2000		121.9	31

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
<b>Mens 1000 m</b>			
1	03:15.1	Javier Cappella	01:37.6
2	03:16.0	Eric Develter	01:38.0
3	03:17.5	Dermot Cleary	01:38.7
4	03:27.3	Chris Zeeb	01:43.6
5	03:31.2	William Wong	01:45.6
6	03:42.5	Keith Hodgson	01:51.3
7	03:51.8	Corey Ogden	01:55.9

		500 m splits	
Meters		Avg_Pace	Stroke_Rate
500	Javier Cappella	94.2	32
1000		101	31
500	Eric Develter	95.8	35
1000		100.2	32
500	Dermot Cleary	100.2	35
1000		97.3	40
500	Chris Zeeb	98.8	35
1000		108.5	31
500	William Wong	99.2	35
1000		112	30
500	Keith Hodgson	112.6	34
1000		110	34
500	Corey Ogden	112.2	33
1000		119.6	30

Place	Time Rowed	Boat/Team Name	Race
			Avg. Pace
<b>Womens 1000 m</b>			
1	03:57.3	Michelle Rumney	1:58.6
2	04:05.8	Cathy ODell	2:02.9
3	04:13.0	Audrey-Anna Colson	2:06.5

		500 m splits	
Meters	Boat	Avg_Pace	Stroke_Rate
500	Michelle Rumney	120.3	29
1000		117	28
500	Cathy ODell	122.1	32
1000		123.7	32
500	Audrey-Anna Colson	122.8	36
1000		130.2	34

	Place	Time Rowed	Boat/Team Name	Race Avg. Pace
<b>Mens 500 m</b>				
	1	01:32.6	Dermot Cleary	1:32.6
	2	01:38.5	Javier Cappella	1:38.5
	3	01:39.3	William Wong	1:39.3
	4	01:39.8	Chris Zeeb	1:39.8
	5	01:44.8	Keith Hodgson	1:44.8
	6	01:50.6	Corey Ogden	1:50.6
<b>Womens 500 m</b>				
	1	01:52.5	Emma Clendenan	1:52.5
	2	01:52.8	Michelle Rumney	1:52.8
	3	01:57.3	Cathy ODell	1:57.3
<b>500 m doubles</b>				
	1	01:27.8	Adam Whittal / Mike McConnell	1:27.8
	2	01:51.0	Corey Ogdan / Javier Cappella	1:51.0
	3	02:11.8	Emma Clendenan / Audrey-Ann Colson	2:11.8
<b>500 m Mixed doubles</b>				
	1	02:00.0	Aydan Hall / Maria McConnell	2:00.0
	2	02:05.0	Carter Parham / Reagan Parham	2:05.0