

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 1

Heat 1

J13

Erg 6 Erin Cunningham
Loch Lomond RC

Distance	Time	Pace	Rate
187m	0:45.0	2:00.3	39
173m	1:30.0	2:10.1	36
168m	2:15.0	2:13.9	37
166m	3:00.0	2:15.5	37

Erg 7 Sophia Nielsen
GSRC

Distance	Time	Pace	Rate
198m	0:45.0	1:53.6	39
192m	1:30.0	1:57.2	37
182m	2:15.0	2:03.6	36
179m	3:00.0	2:05.7	36

Erg 8 Katie Barbour
Clydesdale ARC

Distance	Time	Pace	Rate
180m	0:45.0	2:05.0	43
178m	1:30.0	2:06.4	40
180m	2:15.0	2:05.0	41
184m	3:00.0	2:02.3	40

Erg 9 Maddy West
Strathclyde Park RC

Distance	Time	Pace	Rate
176m	0:45.0	2:07.8	36
164m	1:30.0	2:17.2	35
153m	2:15.0	2:27.1	33
148m	3:00.0	2:32.0	31

Erg 10 Emma McAuley
Strathclyde Park RC

Distance	Time	Pace	Rate
195m	0:45.0	1:55.4	36
179m	1:30.0	2:05.7	35
167m	2:15.0	2:14.7	33
169m	3:00.0	2:13.1	35

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Competitor Split Data

Race 2

Heat 1

J14

Erg 7 Musa Mahamdi
Clydesdale ARC

Distance	Time	Pace	Rate
264m	1:00.0	1:53.6	38
243m	2:00.0	2:03.5	30
242m	3:00.0	2:04.0	30
251m	4:00.0	1:59.5	37

Erg 9 Ruairidh Reid
Stirling RC

Distance	Time	Pace	Rate
317m	1:00.0	1:34.6	42
297m	2:00.0	1:41.0	36
287m	3:00.0	1:44.5	36
290m	4:00.0	1:43.4	45

Erg 10 Jack Dwyer
Strathclyde Park RC

Distance	Time	Pace	Rate
224m	1:00.0	2:13.9	36
213m	2:00.0	2:20.8	31
203m	3:00.0	2:27.8	29
204m	4:00.0	2:27.1	29

Erg 11 Max Stark
Clydesdale ARC

Distance	Time	Pace	Rate
251m	1:00.0	1:59.5	35
226m	2:00.0	2:12.7	32
211m	3:00.0	2:22.2	31
211m	4:00.0	2:22.2	30

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Competitor Split Data

Race 3

Heat 1

J15

Erg 6 Kendall Armitt Clydesdale ARC

Distance	Time	Pace	Rate
275m	1:00.0	1:49.1	33
257m	2:00.0	1:56.7	30
251m	3:00.0	1:59.5	30
250m	4:00.0	2:00.0	30
252m	5:00.0	1:59.0	31

Erg 11 Daisy Jackson York City

Distance	Time	Pace	Rate
267m	1:00.0	1:52.4	28
258m	2:00.0	1:56.3	27
251m	3:00.0	1:59.5	28
246m	4:00.0	2:02.0	27
247m	5:00.0	2:01.5	29

Erg 7 Melissa McGarva Stirling RC

Distance	Time	Pace	Rate
264m	1:00.0	1:53.6	33
253m	2:00.0	1:58.6	30
247m	3:00.0	2:01.5	31
250m	4:00.0	2:00.0	32
256m	5:00.0	1:57.2	36

Erg 8 Morven Thomson Glasgow Schools

Distance	Time	Pace	Rate
292m	1:00.0	1:42.7	33
271m	2:00.0	1:50.7	32
259m	3:00.0	1:55.8	30
253m	4:00.0	1:58.6	29
259m	5:00.0	1:55.8	29

Erg 9 Lindsay Macarthur Castle Semple RC

Distance	Time	Pace	Rate
253m	1:00.0	1:58.6	34
231m	2:00.0	2:09.9	29
228m	3:00.0	2:11.6	30
224m	4:00.0	2:13.9	29
236m	5:00.0	2:07.1	30

Erg 10 Rhona Mackinnon Loch Lomond RC

Distance	Time	Pace	Rate
256m	1:00.0	1:57.2	32
245m	2:00.0	2:02.4	29
236m	3:00.0	2:07.1	28
230m	4:00.0	2:10.4	28
240m	5:00.0	2:05.0	30

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Competitor Split Data

Race 4

Heat 1

Women's J16 & J18

Erg 1 Katy Reid Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	2:05.2	2:05.2	33	
1000m	2:17.7	2:17.7	25	
1500m	2:22.1	2:22.1	24	
2000m	2:19.1	2:19.1	26	

Erg 2 Emma Ferguson Strathclyde Park RC				
Distance	Time	Pace	Rate	

500m	1:58.6	1:58.6	31	
1000m	2:08.3	2:08.3	26	
1500m	2:10.3	2:10.3	27	
2000m	2:12.4	2:12.4	29	

Erg 3 Eilidh McGowan Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:47.9	1:47.9	33	
1000m	2:02.2	2:02.2	29	
1500m	2:05.7	2:05.7	29	
2000m	2:03.8	2:03.8	31	

Erg 4 Jessica McQueen Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:57.4	1:57.4	32	
1000m	2:08.9	2:08.9	28	
1500m	2:10.1	2:10.1	29	
2000m	2:05.4	2:05.4	30	

Erg 5 Ciara Rogers Clydesdale ARC				
Distance	Time	Pace	Rate	

500m	1:58.0	1:58.0	32	
1000m	2:01.5	2:01.5	31	
1500m	2:05.9	2:05.9	30	
2000m	2:04.5	2:04.5	32	

Erg 6 Katie McGhee Castle Semple RC				
Distance	Time	Pace	Rate	

500m	2:03.3	2:03.3	32	
1000m	2:17.4	2:17.4	29	
1500m	2:20.0	2:20.0	28	
2000m	2:22.4	2:22.4	27	

Erg 7 Amy Morris Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	2:02.1	2:02.1	29	
1000m	2:22.5	2:22.5	29	
1500m	2:28.2	2:28.2	28	
2000m	2:21.6	2:21.6	30	

Erg 8 Evie Dwyer Strathclyde Park RC				
Distance	Time	Pace	Rate	

500m	2:10.7	2:10.7	32	
1000m	2:22.1	2:22.1	31	
1500m	2:23.8	2:23.8	31	
2000m	2:20.1	2:20.1	34	

Erg 9 Martha Coombes Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:53.7	1:53.7	28	
1000m	2:00.0	2:00.0	27	
1500m	2:02.8	2:02.8	27	
2000m	2:02.1	2:02.1	29	

Erg 11 Olivia Bell Strathclyde Park RC				
Distance	Time	Pace	Rate	

500m	1:47.8	1:47.8	27	
1000m	1:53.6	1:53.6	24	
1500m	1:56.1	1:56.1	24	
2000m	1:54.6	1:54.6	26	

Erg 12 Heather Gordon Inverness RC				
Distance	Time	Pace	Rate	

500m	1:54.2	1:54.2	28	
1000m	1:53.5	1:53.5	29	
1500m	1:54.3	1:54.3	28	
2000m	1:51.1	1:51.1	31	

Erg 13 Rachel Speirs Castle Semple RC				
Distance	Time	Pace	Rate	

500m	2:13.0	2:13.0	35	
1000m	2:36.8	2:36.8	31	
1500m	2:36.4	2:36.4	30	
2000m	2:35.9	2:35.9	31	

Erg 15 Lily Young Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:52.9	1:52.9	36	
1000m	1:55.6	1:55.6	32	
1500m	1:56.1	1:56.1	32	
2000m	1:56.4	1:56.4	32	

Erg 21 Laura McKenzie Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:52.8	1:52.8	29	
1000m	1:54.0	1:54.0	29	
1500m	1:54.3	1:54.3	29	
2000m	1:49.7	1:49.7	33	

Erg 22 Freya Buchanan Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:57.8	1:57.8	32	
1000m	2:00.4	2:00.4	29	
1500m	2:02.4	2:02.4	27	
2000m	1:57.6	1:57.6	30	

Erg 24 Orla McCall Strathclyde Park RC				
Distance	Time	Pace	Rate	

500m	1:54.4	1:54.4	30	
1000m	2:07.6	2:07.6	26	
1500m	2:12.7	2:12.7	26	
2000m	2:11.5	2:11.5	27	

Erg 25 Kim Denton Loch Lomond RC				
Distance	Time	Pace	Rate	

500m	1:55.5	1:55.5	27	
1000m	1:58.6	1:58.6	26	
1500m	2:03.3	2:03.3	25	
2000m	1:57.5	1:57.5	28	

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Competitor Split Data

Race 5

Heat 1

Men's J16 & J18

Erg 2 Joshie Matthews Stirling RC

Distance	Time	Pace	Rate
500m	1:47.2	1:47.2	27
1000m	1:49.1	1:49.1	28
1500m	1:49.8	1:49.8	30
2000m	1:50.4	1:50.4	30

Erg 4 Lachlan McKinnon Loch Lomond RC

Distance	Time	Pace	Rate
500m	1:41.9	1:41.9	31
1000m	1:43.8	1:43.8	28
1500m	1:45.8	1:45.8	28
2000m	1:43.7	1:43.7	30

Erg 5 Rory Duncan Stirling RC

Distance	Time	Pace	Rate
500m	1:43.6	1:43.6	31
1000m	1:45.2	1:45.2	29
1500m	1:45.9	1:45.9	28
2000m	1:43.8	1:43.8	29

Erg 7 Euan McKenzie Loch Lomond RC

Distance	Time	Pace	Rate
500m	1:41.2	1:41.2	26
1000m	1:46.7	1:46.7	24
1500m	1:48.8	1:48.8	23
2000m	1:47.5	1:47.5	26

Erg 8 Charlie Weir Clydesdale ARC

Distance	Time	Pace	Rate
500m	1:46.3	1:46.3	39
1000m	2:00.8	2:00.8	36
1500m	2:04.1	2:04.1	36
2000m	1:59.1	1:59.1	36

Erg 9 AJ Payne Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:37.0	1:37.0	40
1000m	1:51.4	1:51.4	35
1500m	1:56.2	1:56.2	35
2000m	1:57.1	1:57.1	35

Erg 12 Adam Robertson Clydesdale ARC

Distance	Time	Pace	Rate
500m	1:36.8	1:36.8	31
1000m	1:40.8	1:40.8	29
1500m	1:42.1	1:42.1	31
2000m	1:40.0	1:40.0	35

Erg 13 Matthew Fielding Clydesdale ARC

Distance	Time	Pace	Rate
500m	1:43.3	1:43.3	32
1000m	1:45.6	1:45.6	30
1500m	1:50.3	1:50.3	27
2000m	1:53.1	1:53.1	23

Erg 14 Severin Nielson Clydesdale ARC

Distance	Time	Pace	Rate
500m	1:43.8	1:43.8	31
1000m	1:45.0	1:45.0	30
1500m	1:46.0	1:46.0	30
2000m	1:47.5	1:47.5	31

Erg 15 Aidan Graham University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:40.7	1:40.7	34
1000m	1:44.4	1:44.4	31
1500m	1:46.7	1:46.7	30
2000m	1:44.4	1:44.4	31

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Competitor Split Data

Race 6

Heat 1

J16 Team

Erg 9 Robertson
Clydesdale ARC

Distance	Time	Pace	Rate
500m	2:05.6	2:05.6	45
1000m	1:59.9	1:59.9	36
1500m	2:02.2	2:02.2	40
2000m	1:56.1	1:56.1	38

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Competitor Split Data

Race 7

Heat 1

J18 Team

Erg 5 McKenzie Loch Lomond RC		Distance	Time	Pace	Rate
500m	1:42.7	1:42.7	50		
1000m	1:36.1	1:36.1	47		
1500m	1:43.9	1:43.9	46		
2000m	1:40.1	1:40.1	41		
2500m	1:47.0	1:47.0	41		
3000m	1:41.0	1:41.0	39		

Erg 9 Buchanan Loch Lomond RC		Distance	Time	Pace	Rate
500m	1:42.9	1:42.9	44		
1000m	1:40.6	1:40.6	42		
1500m	1:46.2	1:46.2	40		
2000m	1:45.5	1:45.5	43		
2500m	1:48.9	1:48.9	35		
3000m	1:47.7	1:47.7	42		

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Competitor Split Data

Race 8

Heat 1

M 60+ 1km

Erg 3 Ken Cunningham St Pats TOW

Distance	Time	Pace	Rate
250m	0:48.3	1:36.6	37
500m	0:51.3	1:42.6	34
750m	0:51.9	1:43.8	35
1000m	0:51.7	1:43.4	41

Erg 4 Philip Dyer DW Preston

Distance	Time	Pace	Rate
250m	0:48.4	1:36.8	37
500m	0:48.6	1:37.2	33
750m	0:48.4	1:36.8	36
1000m	0:47.4	1:34.8	40

Erg 5 Leo Conway St Pats TOW

Distance	Time	Pace	Rate
250m	0:52.7	1:45.4	33
500m	0:53.1	1:46.2	32
750m	0:53.8	1:47.6	32
1000m	0:55.6	1:51.2	33

Erg 7 Raymond McAvoy NMAC

Distance	Time	Pace	Rate
250m	0:49.6	1:39.2	42
500m	0:49.4	1:38.8	41
750m	0:49.9	1:39.8	40
1000m	0:49.4	1:38.8	40

Erg 8 Julian Kennedy Ballymena Runners

Distance	Time	Pace	Rate
250m	0:54.0	1:48.0	40
500m	0:55.2	1:50.4	37
750m	0:55.7	1:51.4	36
1000m	0:53.8	1:47.6	39

Erg 9 Jerry Musselwhite Farrington Park

Distance	Time	Pace	Rate
250m	0:52.2	1:44.4	34
500m	0:52.4	1:44.8	34
750m	0:52.9	1:45.8	35
1000m	0:52.4	1:44.8	37

Erg 12 Thomas Yule Alyth Indoor Rowing

Distance	Time	Pace	Rate
250m	0:55.4	1:50.8	27
500m	0:54.9	1:49.8	27
750m	0:55.5	1:51.0	27
1000m	0:54.4	1:48.8	28

Erg 13 Roger Stainforth Durham ARC

Distance	Time	Pace	Rate
250m	0:53.1	1:46.2	33
500m	0:52.8	1:45.6	31
750m	0:52.1	1:44.2	33
1000m	0:51.7	1:43.4	34

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Competitor Split Data

Race 9

Heat 1

M 30+ 1km

Erg 1 Guy Chatfield Clydesdale ARC

Distance	Time	Pace	Rate
250m	0:43.9	1:27.8	37
500m	0:45.9	1:31.8	34
750m	0:47.9	1:35.8	34
1000m	0:50.6	1:41.2	33

Erg 3 Zoltán Bogár Pénzügyor Se

Distance	Time	Pace	Rate
250m	0:43.8	1:27.6	33
500m	0:44.3	1:28.6	31
750m	0:44.8	1:29.6	32
1000m	0:44.9	1:29.8	35

Erg 4 Dean McMenamin H4H / Crossfit Airdrie

Distance	Time	Pace	Rate
250m	0:53.9	1:47.8	32
500m	0:53.7	1:47.4	34
750m	0:54.1	1:48.2	33
1000m	0:53.4	1:46.8	37

Erg 5 Stephen Esslemont Aeternum Crossfit

Distance	Time	Pace	Rate
250m	0:47.5	1:35.0	29
500m	0:47.2	1:34.4	28
750m	0:48.0	1:36.0	29
1000m	0:50.4	1:40.8	30

Erg 6 Adrian Walker Royal Navy

Distance	Time	Pace	Rate
250m	0:52.4	1:44.8	34
500m	0:51.9	1:43.8	35
750m	0:51.3	1:42.6	35
1000m	0:50.0	1:40.0	41

Erg 7 Alan Strang Motherwell AC

Distance	Time	Pace	Rate
250m	0:54.3	1:48.6	31
500m	0:53.7	1:47.4	30
750m	0:53.3	1:46.6	31
1000m	0:53.6	1:47.2	34

Erg 8 John Steventon Fitness Matters

Distance	Time	Pace	Rate
250m	0:48.6	1:37.2	40
500m	0:47.6	1:35.2	38
750m	0:47.7	1:35.4	38
1000m	0:46.8	1:33.6	40

Erg 9 Guy Blackburn Free Spirits

Distance	Time	Pace	Rate
250m	0:47.6	1:35.2	35
500m	0:47.4	1:34.8	34
750m	0:47.2	1:34.4	36
1000m	0:45.5	1:31.0	40

Erg 10 Noel Stoddart Esprit

Distance	Time	Pace	Rate
250m	0:47.1	1:34.2	37
500m	0:47.5	1:35.0	35
750m	0:47.6	1:35.2	37
1000m	0:47.8	1:35.6	46

Erg 11 Paul Johnson Clydesdale ARC

Distance	Time	Pace	Rate
250m	0:50.1	1:40.2	34
500m	0:52.4	1:44.8	29
750m	0:52.0	1:44.0	30
1000m	0:49.8	1:39.6	34

Erg 12 Glyn Lloyd Sub 7 IRC

Distance	Time	Pace	Rate
250m	0:48.5	1:37.0	35
500m	0:48.8	1:37.6	33
750m	0:49.2	1:38.4	35
1000m	0:49.6	1:39.2	34

Erg 15 Shaun Callaghan Steeholme Pirates

Distance	Time	Pace	Rate
250m	0:49.5	1:39.0	32
500m	0:47.9	1:35.8	35
750m	0:47.5	1:35.0	37
1000m	0:48.2	1:36.4	42

Erg 20 Andy Parkes Newquay

Distance	Time	Pace	Rate
250m	0:46.6	1:33.2	35
500m	0:46.7	1:33.4	33
750m	0:46.2	1:32.4	35
1000m	0:45.0	1:30.0	41

Erg 22 Ian Russell H4H / Crossfit Airdrie

Distance	Time	Pace	Rate
250m	0:55.8	1:51.6	40
500m	0:59.3	1:58.6	39
750m	1:07.5	2:15.0	36
1000m	1:05.4	2:10.8	34

Erg 23 Gabriel Murphy Broughty Ferry

Distance	Time	Pace	Rate
250m	0:48.1	1:36.2	34
500m	0:47.9	1:35.8	34
750m	0:47.8	1:35.6	34
1000m	0:48.3	1:36.6	37

Erg 25 Tommy Griffin St Pats TOW

Distance	Time	Pace	Rate
250m	0:48.9	1:37.8	34
500m	0:48.1	1:36.2	34
750m	0:48.3	1:36.6	34
1000m	0:45.4	1:30.8	42

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Competitor Split Data

Race 10

Heat 1

W Age 1km

Erg 3 Vicki White Aeternum Crossfit

Distance	Time	Pace	Rate
250m	0:56.6	1:53.2	31
500m	0:55.6	1:51.2	30
750m	0:54.8	1:49.6	31
1000m	0:51.5	1:43.0	34

Erg 4 Leanne Mains Strathclyde Park RC

Distance	Time	Pace	Rate
250m	0:56.1	1:52.2	30
500m	0:58.0	1:56.0	30
750m	1:03.0	2:06.0	30
1000m	1:03.5	2:07.0	32

Erg 5 Morna Galbraith Castle Semple RC

Distance	Time	Pace	Rate
250m	1:01.0	2:02.0	33
500m	1:04.8	2:09.6	31
750m	1:05.7	2:11.4	30
1000m	1:05.4	2:10.8	30

Erg 7 Julia Garrit Broughty Ferry

Distance	Time	Pace	Rate
250m	0:59.3	1:58.6	32
500m	1:00.8	2:01.6	30
750m	1:01.1	2:02.2	29
1000m	1:00.2	2:00.4	31

Erg 8 Kate Silverthorne Agecroft

Distance	Time	Pace	Rate
250m	0:54.5	1:49.0	31
500m	0:55.1	1:50.2	29
750m	0:55.3	1:50.6	29
1000m	0:54.6	1:49.2	31

Erg 9 Cary Macmahon St Andrews BC

Distance	Time	Pace	Rate
250m	0:56.0	1:52.0	32
500m	0:58.0	1:56.0	29
750m	0:58.6	1:57.2	30
1000m	0:59.2	1:58.4	30

Erg 10 Hilary McNally Sub 7 IRC

Distance	Time	Pace	Rate
250m	0:56.4	1:52.8	33
500m	0:56.6	1:53.2	31
750m	0:56.8	1:53.6	32
1000m	0:57.0	1:54.0	34

Erg 11 Eleanor Inglis Castle Semple RC

Distance	Time	Pace	Rate
250m	0:53.8	1:47.6	37
500m	0:57.0	1:54.0	31
750m	0:57.8	1:55.6	29
1000m	0:56.2	1:52.4	33

Erg 12 Karen Dinardo Castle Semple RC

Distance	Time	Pace	Rate
250m	0:57.2	1:54.4	37
500m	1:02.0	2:04.0	32
750m	1:04.9	2:09.8	30
1000m	1:05.1	2:10.2	32

Erg 13 Clare Rainbow Castle Semple RC

Distance	Time	Pace	Rate
250m	0:55.9	1:51.8	34
500m	0:57.6	1:55.2	31
750m	0:58.1	1:56.2	32
1000m	0:55.5	1:51.0	36

Erg 14 Andrea Dixon Ergomaniacs

Distance	Time	Pace	Rate
250m	0:56.5	1:53.0	38
500m	0:57.5	1:55.0	33
750m	0:58.4	1:56.8	32
1000m	0:56.3	1:52.6	36

Erg 15 Liz Davidson Strathclyde Park RC

Distance	Time	Pace	Rate
250m	1:03.2	2:06.4	31
500m	1:02.8	2:05.6	30
750m	1:02.7	2:05.4	31
1000m	1:01.6	2:03.2	33

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 11

Heat 2

W Beginner

Erg 1 Emily Carruthers Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:50.6	1:50.6	32
1000m	1:53.9	1:53.9	30

Erg 2 Aimee Scott Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:59.5	1:59.5	31
1000m	2:11.3	2:11.3	29

Erg 3 Mariana Dobrodenkova Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:55.1	1:55.1	29
1000m	1:53.0	1:53.0	29

Erg 4 Bridghe Watt Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:50.3	1:50.3	31
1000m	1:57.9	1:57.9	28

Erg 5 Chloe Tucker Robert Gordon UBC

Distance	Time	Pace	Rate
500m	1:48.0	1:48.0	33
1000m	1:54.9	1:54.9	31

Erg 6 Christina Macleod Dundee UBC

Distance	Time	Pace	Rate
500m	2:03.5	2:03.5	31
1000m	2:12.0	2:12.0	32

Erg 7 Alice Evans Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:54.8	1:54.8	33
1000m	1:57.5	1:57.5	33

Erg 8 Rosie Morgan Dundee UBC

Distance	Time	Pace	Rate
500m	1:45.0	1:45.0	31
1000m	1:48.2	1:48.2	30

Erg 10 Lauryn Grant Dundee UBC

Distance	Time	Pace	Rate
500m	1:58.3	1:58.3	29
1000m	2:07.0	2:07.0	28

Erg 11 Lauren McMinn Dundee UBC

Distance	Time	Pace	Rate
500m	2:16.9	2:16.9	35
1000m	2:24.4	2:24.4	41

Erg 13 Lucy Pennington Dundee UBC

Distance	Time	Pace	Rate
500m	2:05.5	2:05.5	33
1000m	2:18.3	2:18.3	31

Erg 14 Anne Murray Dundee UBC

Distance	Time	Pace	Rate
500m	2:05.6	2:05.6	33
1000m	2:26.4	2:26.4	31

Erg 15 Abigail Barnes Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:56.7	1:56.7	27
1000m	1:58.7	1:58.7	28

Erg 16 Kirstin Wilson University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:54.6	1:54.6	33
1000m	2:02.2	2:02.2	30

Erg 17 Daisy McNab University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:57.4	1:57.4	33
1000m	2:09.0	2:09.0	28

Erg 18 Henrietta Fooks Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:53.5	1:53.5	32
1000m	1:57.0	1:57.0	31

Erg 19 Susannah Oliver Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:49.3	1:49.3	28
1000m	1:51.0	1:51.0	31

Erg 20 Alice Ives Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:48.5	1:48.5	29
1000m	1:51.8	1:51.8	29

Erg 21 Maia Hely Glasgow UBC

Distance	Time	Pace	Rate
500m	1:47.5	1:47.5	38
1000m	1:48.0	1:48.0	36

Erg 23 Rebecca Bowers Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:47.0	1:47.0	31
1000m	1:51.9	1:51.9	31

Erg 24 Henrietta Maccauley Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:52.8	1:52.8	34
1000m	1:58.4	1:58.4	33

Erg 25 Marie Bernards Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:39.8	1:39.8	35
1000m	1:43.6	1:43.6	34

Erg 26 India Dodd Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:44.4	1:44.4	32
1000m	1:44.0	1:44.0	33

Erg 27 Emma Brockway Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:51.5	1:51.5	31
1000m	1:52.4	1:52.4	32

Erg 28 Vaila Irvin Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:59.4	1:59.4	28
1000m	2:02.4	2:02.4	29

Erg 30 Georgia Valentine Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:48.4	1:48.4	30
1000m	1:51.4	1:51.4	30

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 12

Heat 1

M Beginner

Erg 1 Sam Walmsley University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:40.0	1:40.0	38
1000m	1:46.6	1:46.6	35

Erg 2 Mark McGinty Stirling UBC

Distance	Time	Pace	Rate
500m	1:56.7	1:56.7	35
1000m	2:14.3	2:14.3	29

Erg 3 Lewis Morgan Dundee UBC

Distance	Time	Pace	Rate
500m	1:29.6	1:29.6	33
1000m	1:29.7	1:29.7	36

Erg 4 Alex Manley Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:51.7	1:51.7	30
1000m	1:51.4	1:51.4	29

Erg 5 Armin Ghofrani Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:41.7	1:41.7	31
1000m	1:45.2	1:45.2	31

Erg 6 Thomas Ord Stirling UBC

Distance	Time	Pace	Rate
500m	1:45.1	1:45.1	34
1000m	1:52.8	1:52.8	31

Erg 8 Luca Delpippo University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:38.9	1:38.9	35
1000m	1:47.0	1:47.0	32

Erg 10 Seoras Brodie Strathclyde UBC

Distance	Time	Pace	Rate
500m	2:07.7	2:07.7	30
1000m	1:59.4	1:59.4	32

Erg 11 Harry Taylor Stirling UBC

Distance	Time	Pace	Rate
500m	1:44.0	1:44.0	35
1000m	1:56.7	1:56.7	35

Erg 12 Jamie Adams Dundee UBC

Distance	Time	Pace	Rate
500m	1:37.4	1:37.4	38
1000m	1:40.4	1:40.4	38

Erg 13 William Godding

Distance	Time	Pace	Rate
500m	1:31.4	1:31.4	33
1000m	1:34.5	1:34.5	32

Erg 14 Craig McEwan Castle Sempole RC

Distance	Time	Pace	Rate
500m	1:34.4	1:34.4	36
1000m	1:38.1	1:38.1	34

Erg 15 David Inglis Castle Sempole RC

Distance	Time	Pace	Rate
500m	1:44.3	1:44.3	36
1000m	1:54.1	1:54.1	35

Erg 16 Jan Jochman Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:46.6	1:46.6	32
1000m	1:51.9	1:51.9	32

Erg 1 Archie Macpherson Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:32.0	1:32.0	29
1000m	1:39.2	1:39.2	27

Erg 2 Tom Boneysteel University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:42.4	1:42.4	40
1000m	1:48.5	1:48.5	36

Erg 3 Robbie Peacock Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:38.6	1:38.6	35
1000m	1:48.0	1:48.0	32

Erg 5 Michael Higbee Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:23.6	1:23.6	34
1000m	1:27.6	1:27.6	34

Erg 6 James Morrison Glasgow UBC

Distance	Time	Pace	Rate
500m	1:28.9	1:28.9	37
1000m	1:32.7	1:32.7	36

Erg 7 Oliver Maslen Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:27.7	1:27.7	34
1000m	1:35.8	1:35.8	33

Erg 9 Micheal Gray Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:35.5	1:35.5	37
1000m	1:45.1	1:45.1	35

Erg 10 Sam Winton University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:36.2	1:36.2	36
1000m	1:45.9	1:45.9	33

Erg 11 Dan Marek Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:27.7	1:27.7	38
1000m	1:36.7	1:36.7	34

Erg 12 Cameron Bradley Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:30.5	1:30.5	36
1000m	1:31.0	1:31.0	35

Erg 13 Brodie Barker Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:34.4	1:34.4	39
1000m	1:40.7	1:40.7	36

Erg 14 Calum Duke Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:30.7	1:30.7	30
1000m	1:29.2	1:29.2	32

Erg 15 Kerr Robinson Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:42.5	1:42.5	35
1000m	1:41.8	1:41.8	38

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 12

Heat 2

M Beginner

Erg 16 Tom Woods
University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:33.5	1:33.5	33
1000m	1:43.3	1:43.3	31

Erg 17 Harrison Grange
Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:39.8	1:39.8	37
1000m	1:43.9	1:43.9	32

Erg 19 Harry Whitworth
Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:36.6	1:36.6	33
1000m	1:43.4	1:43.4	33

Erg 20 Campbell Tough
Robert Gordon UBC

Distance	Time	Pace	Rate
500m	1:32.7	1:32.7	42
1000m	1:34.4	1:34.4	42

Erg 23 Pavel Culik
Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:37.9	1:37.9	33
1000m	1:40.8	1:40.8	32

Erg 24 Caspar Kleine
Dundee UBC

Distance	Time	Pace	Rate
500m	1:34.7	1:34.7	37
1000m	1:42.9	1:42.9	35

Erg 25 Oscar Hardman
Dundee UBC

Distance	Time	Pace	Rate
500m	1:34.0	1:34.0	37
1000m	1:43.8	1:43.8	34

Erg 26 Niklas Bals
Robert Gordon UBC

Distance	Time	Pace	Rate
500m	1:28.9	1:28.9	39
1000m	1:38.5	1:38.5	36

Erg 27 Andrew Binning
Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:42.5	1:42.5	35
1000m	1:46.4	1:46.4	34

Erg 28 Joseph Stanger
Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:39.5	1:39.5	30
1000m	1:45.7	1:45.7	27

Erg 29 Cameron Kinnear
Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:42.5	1:42.5	32
1000m	1:45.1	1:45.1	30

Erg 30 Daniel Hesp
Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:32.2	1:32.2	38
1000m	1:44.3	1:44.3	35

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 13

Heat 1

M Age 2km

Erg 1 Dan Goff Gym Group & Rullion

Distance	Time	Pace	Rate
500m	1:53.1	1:53.1	28
1000m	2:03.1	2:03.1	27
1500m	2:02.2	2:02.2	28
2000m	1:55.3	1:55.3	30

Erg 2 Graeme McMillan Projectrow

Distance	Time	Pace	Rate
500m	1:31.4	1:31.4	32
1000m	1:36.4	1:36.4	29
1500m	1:35.7	1:35.7	29
2000m	1:35.5	1:35.5	30

Erg 3 Richard Stainforth Pure Gym & Rullion

Distance	Time	Pace	Rate
500m	1:42.1	1:42.1	31
1000m	1:43.2	1:43.2	29
1500m	1:43.2	1:43.2	30
2000m	1:49.4	1:49.4	27

Erg 4 Juan Anza Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:41.5	1:41.5	33
1000m	1:44.4	1:44.4	29
1500m	1:44.6	1:44.6	30
2000m	1:43.7	1:43.7	31

Erg 5 Alastair Preiss Stirling Triathlon

Distance	Time	Pace	Rate
500m	1:41.1	1:41.1	33
1000m	1:42.2	1:42.2	31
1500m	1:41.4	1:41.4	31
2000m	1:40.2	1:40.2	32

Erg 6 Sam Blythe Fitness Matters

Distance	Time	Pace	Rate
500m	1:30.9	1:30.9	33
1000m	1:33.2	1:33.2	30
1500m	1:34.3	1:34.3	31
2000m	1:33.7	1:33.7	31

Erg 7 Sean Smith Newhaven Coastal RC

Distance	Time	Pace	Rate
500m	1:39.4	1:39.4	28
1000m	1:39.1	1:39.1	27
1500m	1:40.0	1:40.0	26
2000m	1:40.4	1:40.4	28

Erg 8 Felton Humble Free Spirits

Distance	Time	Pace	Rate
500m	1:40.4	1:40.4	31
1000m	1:41.2	1:41.2	31
1500m	1:42.4	1:42.4	33
2000m	1:44.5	1:44.5	34

Erg 9 Barry Greig Sub 7 IRC

Distance	Time	Pace	Rate
500m	1:36.5	1:36.5	27
1000m	1:36.1	1:36.1	27
1500m	1:36.7	1:36.7	27
2000m	1:35.2	1:35.2	28

Erg 11 Gary Lewis Rowing The Minch

Distance	Time	Pace	Rate
500m	1:45.5	1:45.5	35
1000m	1:46.3	1:46.3	33
1500m	1:47.2	1:47.2	33
2000m	1:49.5	1:49.5	33

Erg 12 Oliver Short St Pats TOW

Distance	Time	Pace	Rate
500m	1:40.8	1:40.8	31
1000m	1:45.2	1:45.2	31
1500m	1:44.1	1:44.1	32
2000m	1:38.8	1:38.8	38

Erg 13 Ben Robson Monaco

Distance	Time	Pace	Rate
500m	1:43.5	1:43.5	31
1000m	1:43.5	1:43.5	31
1500m	1:42.7	1:42.7	32
2000m	1:40.0	1:40.0	35

Erg 14 Shaun Callaghan Steepholme Pirates

Distance	Time	Pace	Rate
500m	1:43.7	1:43.7	30
1000m	1:43.6	1:43.6	30
1500m	1:43.6	1:43.6	31
2000m	1:42.4	1:42.4	34

Erg 21 Michael Maclaren Free Spirits IRC

Distance	Time	Pace	Rate
500m	1:42.1	1:42.1	33
1000m	1:43.7	1:43.7	31
1500m	1:43.4	1:43.4	32
2000m	1:41.0	1:41.0	35

Erg 26 Leo Conway St Pats TOW

Distance	Time	Pace	Rate
500m	1:50.0	1:50.0	30
1000m	1:52.5	1:52.5	30
1500m	1:54.1	1:54.1	32
2000m	1:55.7	1:55.7	32

Erg 27 John Irvine North Berwick RC

Distance	Time	Pace	Rate
500m	1:41.5	1:41.5	28
1000m	1:42.3	1:42.3	27
1500m	1:42.6	1:42.6	27
2000m	1:41.7	1:41.7	30

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Competitor Split Data

Race 14

Heat 1

M Lwt 2km

Erg 1 Dan Morris Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:49.6	1:49.6	33
1000m	1:50.9	1:50.9	33
1500m	1:52.1	1:52.1	33
2000m	1:52.0	1:52.0	33

Erg 2 Joe White Seal PT

Distance	Time	Pace	Rate
500m	1:53.1	1:53.1	33
1000m	1:55.5	1:55.5	32
1500m	1:56.3	1:56.3	33
2000m	1:51.6	1:51.6	34

Erg 3 Derrick Towell Seal PT

Distance	Time	Pace	Rate
500m	1:49.5	1:49.5	29
1000m	1:52.8	1:52.8	28
1500m	1:54.1	1:54.1	28
2000m	1:49.7	1:49.7	30

Erg 5 George Turner University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:41.1	1:41.1	31
1000m	1:42.5	1:42.5	31
1500m	1:42.4	1:42.4	30
2000m	1:39.1	1:39.1	39

Erg 6 Chris Cochrane Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:41.7	1:41.7	35
1000m	1:42.4	1:42.4	33
1500m	1:42.6	1:42.6	33
2000m	1:42.0	1:42.0	34

Erg 7 Nicolas Kirsch Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:39.0	1:39.0	34
1000m	1:41.4	1:41.4	32
1500m	1:41.7	1:41.7	32
2000m	1:42.3	1:42.3	32

Erg 8 Monty Jones University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:37.0	1:37.0	34
1000m	1:40.6	1:40.6	30
1500m	1:42.8	1:42.8	31
2000m	1:42.6	1:42.6	32

Erg 10 Andrew Laird Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:38.4	1:38.4	35
1000m	1:40.4	1:40.4	32
1500m	1:41.3	1:41.3	33
2000m	1:43.8	1:43.8	34

Erg 11 Jonnis Olsen Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:45.3	1:45.3	32
1000m	1:46.1	1:46.1	30
1500m	1:49.7	1:49.7	30
2000m	1:52.2	1:52.2	29

Erg 12 Adam Campbell Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:46.4	1:46.4	31
1000m	1:49.9	1:49.9	31
1500m	1:51.7	1:51.7	30
2000m	1:52.2	1:52.2	30

Erg 14 Ben Gardner University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:45.1	1:45.1	36
1000m	1:45.3	1:45.3	34
1500m	1:45.6	1:45.6	35
2000m	1:45.7	1:45.7	38

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 15

Heat 1

M Open 2km

Erg 1 Colin Williamson Crossfit Airdrie

Distance	Time	Pace	Rate
500m	1:33.5	1:33.5	31
1000m	1:35.5	1:35.5	31
1500m	1:36.7	1:36.7	30
2000m	1:33.0	1:33.0	33

Erg 2 Oliver Gray Esprit

Distance	Time	Pace	Rate
500m	1:33.0	1:33.0	32
1000m	1:33.1	1:33.1	31
1500m	1:32.7	1:32.7	30
2000m	1:28.3	1:28.3	33

Erg 3 James Saxton RAF

Distance	Time	Pace	Rate
500m	1:31.2	1:31.2	32
1000m	1:32.8	1:32.8	32
1500m	1:33.1	1:33.1	32
2000m	1:30.8	1:30.8	35

Erg 6 David Rackstraw Crossfit Glacier

Distance	Time	Pace	Rate
500m	1:35.2	1:35.2	30
1000m	1:36.8	1:36.8	28
1500m	1:40.4	1:40.4	29
2000m	1:37.4	1:37.4	32

Erg 7 Jack Montgomery Fitness Matters

Distance	Time	Pace	Rate
500m	1:36.5	1:36.5	31
1000m	1:38.3	1:38.3	31
1500m	1:38.2	1:38.2	31
2000m	1:37.8	1:37.8	32

Erg 8 Nick Cox ULT Fitness + Crossfit

Distance	Time	Pace	Rate
500m	1:33.3	1:33.3	33
1000m	1:36.5	1:36.5	32
1500m	1:38.2	1:38.2	32
2000m	1:38.0	1:38.0	34

Erg 9 Mike Simpson Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:32.8	1:32.8	28
1000m	1:34.0	1:34.0	27
1500m	1:34.0	1:34.0	26
2000m	1:33.0	1:33.0	30

Erg 11 Josh Oxby Durham University

Distance	Time	Pace	Rate
500m	1:33.5	1:33.5	30
1000m	1:35.6	1:35.6	30
1500m	1:36.8	1:36.8	28
2000m	1:37.3	1:37.3	30

Erg 12 Sam Archibald Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:39.4	1:39.4	32
1000m	1:40.3	1:40.3	32
1500m	1:41.1	1:41.1	33
2000m	1:37.3	1:37.3	36

Erg 13 Stefan Giesen Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:35.5	1:35.5	34
1000m	1:35.2	1:35.2	35
1500m	1:35.1	1:35.1	34
2000m	1:33.9	1:33.9	35

Erg 14 Jonathan Lienert University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:33.5	1:33.5	36
1000m	1:37.6	1:37.6	33
1500m	1:39.7	1:39.7	33
2000m	1:38.4	1:38.4	35

Erg 16 Calum Young Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:38.4	1:38.4	32
1000m	1:38.1	1:38.1	33
1500m	1:37.6	1:37.6	37
2000m	1:37.6	1:37.6	40

Erg 18 Chris Bock University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:36.1	1:36.1	30
1000m	1:37.4	1:37.4	30
1500m	1:37.5	1:37.5	30
2000m	1:37.7	1:37.7	31

Erg 19 Daniel Lowry Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:48.6	1:48.6	30
1000m	1:49.7	1:49.7	29
1500m	1:49.5	1:49.5	31
2000m	1:47.5	1:47.5	33

Erg 20 Christopher Parsonage Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:44.3	1:44.3	32
1000m	1:44.5	1:44.5	32
1500m	1:45.2	1:45.2	32
2000m	1:42.8	1:42.8	37

Erg 21 Alex Chisholm University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:39.4	1:39.4	32
1000m	1:41.4	1:41.4	31
1500m	1:43.2	1:43.2	31
2000m	1:42.5	1:42.5	33

Erg 23 Henry Marles University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:37.5	1:37.5	31
1000m	1:37.7	1:37.7	30
1500m	1:38.8	1:38.8	29
2000m	1:33.9	1:33.9	33

Erg 24 Cameron Kemp Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:34.0	1:34.0	29
1000m	1:36.7	1:36.7	27
1500m	1:41.0	1:41.0	26
2000m	1:42.5	1:42.5	26

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 15

Heat 1

M Open 2km

Erg 25 Ben McKinlay
Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:37.5	1:37.5	33
1000m	1:39.0	1:39.0	33
1500m	1:39.5	1:39.5	33
2000m	1:40.3	1:40.3	33

Erg 26 Oscar Nick
University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:36.4	1:36.4	30
1000m	1:38.1	1:38.1	29
1500m	1:38.3	1:38.3	28
2000m	1:36.7	1:36.7	29

Erg 27 Stuart Masson
Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:39.1	1:39.1	30
1000m	1:41.0	1:41.0	28
1500m	1:41.0	1:41.0	28
2000m	1:37.9	1:37.9	29

Erg 29 Dom Goymour
University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:38.4	1:38.4	34
1000m	1:38.9	1:38.9	32
1500m	1:39.8	1:39.8	31
2000m	1:38.0	1:38.0	32

Erg 30 Euan Strachan
Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:38.5	1:38.5	30
1000m	1:39.4	1:39.4	30
1500m	1:40.2	1:40.2	31
2000m	1:38.3	1:38.3	34

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 16

Heat 1

W Lwt 2km

Erg 4 Marissa McMahon University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:51.5	1:51.5	33
1000m	2:04.8	2:04.8	29
1500m	2:08.0	2:08.0	29
2000m	2:01.4	2:01.4	31

Erg 5 Emily Haworth University of St Andrews BC

Distance	Time	Pace	Rate
500m	2:00.4	2:00.4	30
1000m	2:06.3	2:06.3	29
1500m	2:10.2	2:10.2	29
2000m	2:07.9	2:07.9	29

Erg 6 Molly Mcilwaine Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:56.0	1:56.0	28
1000m	2:01.2	2:01.2	26
1500m	2:02.9	2:02.9	25
2000m	2:01.0	2:01.0	28

Erg 7 Chloe Mosonyi University of St Andrews BC

Distance	Time	Pace	Rate
500m	2:08.0	2:08.0	28
1000m	2:11.9	2:11.9	28
1500m	2:15.5	2:15.5	27
2000m	2:12.7	2:12.7	28

Erg 8 Morgan Young University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:55.7	1:55.7	31
1000m	2:02.7	2:02.7	28
1500m	2:06.7	2:06.7	26
2000m	2:06.7	2:06.7	28

Erg 9 Rosie Handley Dundee UBC

Distance	Time	Pace	Rate
500m	2:00.3	2:00.3	34
1000m	1:59.9	1:59.9	33
1500m	2:00.2	2:00.2	31
2000m	2:02.5	2:02.5	32

Erg 10 Morgan Hartley University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:52.5	1:52.5	30
1000m	1:55.0	1:55.0	30
1500m	1:55.7	1:55.7	31
2000m	1:52.4	1:52.4	32

Erg 11 Ailsa Martin University of St Andrews BC

Distance	Time	Pace	Rate
500m	2:05.6	2:05.6	32
1000m	2:08.7	2:08.7	30
1500m	2:09.4	2:09.4	29
2000m	2:08.8	2:08.8	29

Erg 12 Sally-anne Snowdon Strathclyde UBC

Distance	Time	Pace	Rate
500m	2:00.2	2:00.2	31
1000m	2:07.1	2:07.1	30
1500m	2:14.5	2:14.5	29
2000m	2:11.5	2:11.5	29

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 17

Heat 1

W Open 2km

Erg 1 Rochelle Quigley Esprit

Distance	Time	Pace	Rate
500m	1:45.4	1:45.4	31
1000m	1:47.0	1:47.0	30
1500m	1:48.0	1:48.0	30
2000m	1:46.3	1:46.3	33

Erg 2 Ciara Conway St Pats TOW

Distance	Time	Pace	Rate
500m	1:57.6	1:57.6	34
1000m	2:00.3	2:00.3	32
1500m	2:01.3	2:01.3	32
2000m	2:01.3	2:01.3	32

Erg 3 Julia Garrit Broughty Ferry

Distance	Time	Pace	Rate
500m	2:08.4	2:08.4	29
1000m	2:09.4	2:09.4	28
1500m	2:10.9	2:10.9	28
2000m	2:06.1	2:06.1	30

Erg 4 Elaine Huskinson Hollingworth Lake RC

Distance	Time	Pace	Rate
500m	1:56.7	1:56.7	30
1000m	2:00.8	2:00.8	28
1500m	2:05.3	2:05.3	27
2000m	2:08.7	2:08.7	27

Erg 5 Kate Silverthorne Agecroft

Distance	Time	Pace	Rate
500m	1:50.5	1:50.5	30
1000m	1:51.0	1:51.0	30
1500m	1:50.7	1:50.7	30
2000m	1:50.8	1:50.8	32

Erg 7 Kate Macaulay Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	2:01.5	2:01.5	27
1000m	2:03.8	2:03.8	26
1500m	2:05.1	2:05.1	25
2000m	1:59.2	1:59.2	26

Erg 8 Olivia Chase University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:58.1	1:58.1	28
1000m	1:57.3	1:57.3	28
1500m	1:56.9	1:56.9	28
2000m	1:54.7	1:54.7	30

Erg 9 Amy McCann Stirling UBC

Distance	Time	Pace	Rate
500m	2:08.1	2:08.1	32
1000m	2:12.7	2:12.7	30
1500m	2:12.9	2:12.9	29
2000m	2:11.8	2:11.8	29

Erg 13 Skye Arnott University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:52.5	1:52.5	30
1000m	1:53.4	1:53.4	29
1500m	1:54.0	1:54.0	28
2000m	1:53.2	1:53.2	32

Erg 14 Delaney Flanigan University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:56.3	1:56.3	29
1000m	1:59.9	1:59.9	27
1500m	2:00.6	2:00.6	27
2000m	1:58.6	1:58.6	29

Erg 15 Eilidh Brown Stirling UBC

Distance	Time	Pace	Rate
500m	1:59.7	1:59.7	32
1000m	2:03.7	2:03.7	29
1500m	2:08.5	2:08.5	28
2000m	2:03.9	2:03.9	29

Erg 16 Claire Dickson Strathclyde Park RC

Distance	Time	Pace	Rate
500m	1:54.6	1:54.6	34
1000m	2:08.3	2:08.3	30
1500m	2:08.0	2:08.0	29
2000m	2:02.6	2:02.6	31

Erg 17 Lydia Theos University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:45.5	1:45.5	34
1000m	1:53.9	1:53.9	30
1500m	1:55.4	1:55.4	29
2000m	1:55.1	1:55.1	29

Erg 18 Alice Jones University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:58.2	1:58.2	28
1000m	2:10.4	2:10.4	25
1500m	2:19.8	2:19.8	24
2000m	2:15.9	2:15.9	25

Erg 19 Fiona Lapp Dundee UBC

Distance	Time	Pace	Rate
500m	1:49.8	1:49.8	31
1000m	1:52.3	1:52.3	28
1500m	1:51.5	1:51.5	29
2000m	1:49.9	1:49.9	31

Erg 20 Alice Hedley University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:50.6	1:50.6	30
1000m	1:59.6	1:59.6	29
1500m	2:01.8	2:01.8	28
2000m	1:58.8	1:58.8	29

Erg 23 Cliodhna Macfarlane Stirling UBC

Distance	Time	Pace	Rate
500m	2:00.3	2:00.3	29
1000m	2:03.1	2:03.1	28
1500m	2:06.8	2:06.8	28
2000m	2:06.9	2:06.9	29

Erg 25 Kirsten Leahy Stirling UBC

Distance	Time	Pace	Rate
500m	2:05.0	2:05.0	29
1000m	2:17.9	2:17.9	26
1500m	2:21.7	2:21.7	25
2000m	2:20.4	2:20.4	26

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Competitor Split Data

Race 17

Heat 1

W Open 2km

Erg 26 Taylor Wright
University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:53.7	1:53.7	28
1000m	1:55.7	1:55.7	26
1500m	1:57.2	1:57.2	27
2000m	1:55.4	1:55.4	29

Erg 27 Eleanor Brinkhoff
Dundee UBC

Distance	Time	Pace	Rate
500m	1:47.4	1:47.4	31
1000m	1:49.6	1:49.6	30
1500m	1:49.3	1:49.3	32
2000m	1:47.8	1:47.8	35

Erg 29 Kathryn Canniford
Dundee UBC

Distance	Time	Pace	Rate
500m	1:48.9	1:48.9	30
1000m	1:51.0	1:51.0	29
1500m	1:51.2	1:51.2	28
2000m	1:48.4	1:48.4	30

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 18

Heat 1

Adaptive

Erg 6 James Hamilton
H4H / Crossfit Airdrie

Distance	Time	Pace	Rate
250m	1:05.2	2:10.4	39
500m	1:02.2	2:04.4	38
750m	1:04.1	2:08.2	38
1000m	1:07.2	2:14.4	38

Erg 11 Joanna Martin
H4H / Crossfit Airdrie

Distance	Time	Pace	Rate
250m	1:33.7	3:07.4	47
500m	1:35.2	3:10.4	43
750m	1:34.1	3:08.2	45
1000m	1:33.1	3:06.2	54

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 19

Heat 1

M 60+ Sprint

Erg 4 Robert Daly Victoria Park

Distance	Time	Pace	Rate
100m	0:24.0	2:00.0	35
200m	0:21.8	1:49.0	33
300m	0:22.3	1:51.5	38
400m	0:23.2	1:56.0	34
500m	0:24.3	2:01.5	37

Erg 5 Julian Kennedy Ballymena Runners

Distance	Time	Pace	Rate
100m	0:20.0	1:40.0	42
200m	0:19.6	1:38.0	43
300m	0:20.1	1:40.5	39
400m	0:20.5	1:42.5	38
500m	0:21.1	1:45.5	37

Erg 6 Diarmid McArthur Castle Semple RC

Distance	Time	Pace	Rate
100m	0:21.0	1:45.0	40
200m	0:20.4	1:42.0	41
300m	0:21.4	1:47.0	36
400m	0:22.3	1:51.5	38
500m	0:23.9	1:59.5	35

Erg 7 Raymond McAvoy NMAC

Distance	Time	Pace	Rate
100m	0:19.4	1:37.0	46
200m	0:17.9	1:29.5	43
300m	0:18.0	1:30.0	47
400m	0:17.9	1:29.5	47
500m	0:18.0	1:30.0	47

Erg 8 Leo Conway St Pats TOW

Distance	Time	Pace	Rate
100m	0:20.9	1:44.5	35
200m	0:19.6	1:38.0	37
300m	0:20.1	1:40.5	33
400m	0:20.5	1:42.5	32
500m	0:20.8	1:44.0	35

Erg 9 Roger Stainforth Durham ARC

Distance	Time	Pace	Rate
100m	0:20.0	1:40.0	39
200m	0:19.7	1:38.5	37
300m	0:19.9	1:39.5	33
400m	0:20.6	1:43.0	35
500m	0:20.3	1:41.5	36

Erg 10 John Irvine North Berwick RC

Distance	Time	Pace	Rate
100m	0:18.1	1:30.5	46
200m	0:17.2	1:26.0	42
300m	0:17.5	1:27.5	41
400m	0:18.3	1:31.5	39
500m	0:18.9	1:34.5	38

Erg 11 Philip Dyer DW Preston

Distance	Time	Pace	Rate
100m	0:17.9	1:29.5	50
200m	0:17.3	1:26.5	45
300m	0:17.5	1:27.5	45
400m	0:17.6	1:28.0	48
500m	0:18.5	1:32.5	52

Erg 12 Ken Cunningham St Pats TOW

Distance	Time	Pace	Rate
100m	0:19.5	1:37.5	49
200m	0:18.0	1:30.0	47
300m	0:18.6	1:33.0	48
400m	0:18.7	1:33.5	48
500m	0:19.7	1:38.5	43

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 20

Heat 1

M 40+ Sprint

Erg 2 Stephen Esslemont Aeternum Crossfit

Distance	Time	Pace	Rate
100m	0:16.9	1:24.5	50
200m	0:15.9	1:19.5	41
300m	0:16.1	1:20.5	45
400m	0:16.5	1:22.5	44
500m	0:17.4	1:27.0	41

Erg 3 Zoltán Bogár Pénzügyor Se

Distance	Time	Pace	Rate
100m	0:16.2	1:21.0	41
200m	0:15.4	1:17.0	43
300m	0:15.6	1:18.0	38
400m	0:15.9	1:19.5	38
500m	0:16.1	1:20.5	45

Erg 4 Sean Smith Newhaven Coastal RC

Distance	Time	Pace	Rate
100m	0:17.9	1:29.5	44
200m	0:17.0	1:25.0	39
300m	0:17.7	1:28.5	41
400m	0:18.4	1:32.0	39
500m	0:19.1	1:35.5	35

Erg 5 Kenneth Dorian St Pats TOW

Distance	Time	Pace	Rate
100m	0:16.8	1:24.0	50
200m	0:16.4	1:22.0	48
300m	0:16.9	1:24.5	53
400m	0:17.5	1:27.5	51
500m	0:19.3	1:36.5	59

Erg 6 Noel Stoddart Esprit

Distance	Time	Pace	Rate
100m	0:18.5	1:32.5	49
200m	0:17.1	1:25.5	49
300m	0:17.1	1:25.5	53
400m	0:17.5	1:27.5	51
500m	0:18.7	1:33.5	48

Erg 7 Guy Blackburn Free Spirits

Distance	Time	Pace	Rate
100m	0:17.9	1:29.5	47
200m	0:16.8	1:24.0	50
300m	0:17.1	1:25.5	46
400m	0:17.3	1:26.5	45
500m	0:17.4	1:27.0	48

Erg 8 John Steventon Fitness Matters

Distance	Time	Pace	Rate
100m	0:18.4	1:32.0	49
200m	0:17.4	1:27.0	52
300m	0:18.4	1:32.0	46
400m	0:18.8	1:34.0	45
500m	0:18.0	1:30.0	50

Erg 9 Joe White Seal PT

Distance	Time	Pace	Rate
100m	0:19.0	1:35.0	47
200m	0:18.4	1:32.0	46
300m	0:20.3	1:41.5	44
400m	0:21.7	1:48.5	39
500m	0:19.6	1:38.0	43

Erg 11 Tony Synott Castle Semple RC

Distance	Time	Pace	Rate
100m	0:20.6	1:43.0	38
200m	0:19.3	1:36.5	40
300m	0:19.7	1:38.5	40
400m	0:20.7	1:43.5	38
500m	0:22.0	1:50.0	35

Erg 14 Gary Lewis Rowing The Minch

Distance	Time	Pace	Rate
100m	0:18.8	1:34.0	48
200m	0:17.8	1:29.0	44
300m	0:18.0	1:30.0	47
400m	0:18.0	1:30.0	43
500m	0:17.9	1:29.5	43

Erg 15 Andy Parkes Newquay

Distance	Time	Pace	Rate
100m	0:17.3	1:26.5	48
200m	0:16.4	1:22.0	44
300m	0:16.7	1:23.5	47
400m	0:17.1	1:25.5	46
500m	0:17.8	1:29.0	44

Erg 20 Tommy Griffin St Pats TOW

Distance	Time	Pace	Rate
100m	0:18.2	1:31.0	40
200m	0:17.3	1:26.5	31
300m	0:17.3	1:26.5	35
400m	0:17.2	1:26.0	35
500m	0:16.6	1:23.0	47

Erg 21 Shaun Callaghan Steeholme Pirates

Distance	Time	Pace	Rate
100m	0:18.2	1:31.0	40
200m	0:17.2	1:26.0	42
300m	0:17.6	1:28.0	37
400m	0:17.5	1:27.5	44
500m	0:17.9	1:29.5	44

Erg 22 Oliver Short St Pats TOW

Distance	Time	Pace	Rate
100m	0:18.7	1:33.5	45
200m	0:18.0	1:30.0	37
300m	0:17.9	1:29.5	40
400m	0:17.8	1:29.0	44
500m	0:18.9	1:34.5	41

Erg 23 Gabriel Murphy Broughty Ferry

Distance	Time	Pace	Rate
100m	0:18.3	1:31.5	46
200m	0:17.7	1:28.5	37
300m	0:18.1	1:30.5	40
400m	0:18.2	1:31.0	36
500m	0:18.9	1:34.5	38

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Competitor Split Data

Race 20

Heat 1

M 40+ Sprint

Erg 24 Derrick Towell
Seal PT

Distance	Time	Pace	Rate
100m	0:19.8	1:39.0	33
200m	0:18.5	1:32.5	36
300m	0:18.5	1:32.5	36
400m	0:18.5	1:32.5	36
500m	0:18.4	1:32.0	42

Erg 25 Paul Johnson
Clydesdale ARC

Distance	Time	Pace	Rate
100m	0:19.4	1:37.0	43
200m	0:19.1	1:35.5	35
300m	0:19.0	1:35.0	35
400m	0:19.1	1:35.5	38
500m	0:19.4	1:37.0	37

Erg 26 Adrian Walker
Royal Navy

Distance	Time	Pace	Rate
100m	0:20.6	1:43.0	41
200m	0:19.0	1:35.0	38
300m	0:19.0	1:35.0	41
400m	0:18.8	1:34.0	38
500m	0:19.0	1:35.0	44

Scottish Rowing Indoor Rowing Championships 2018

Competitor Split Data

Race 21

Heat 1

M Sprint

Erg 3 Oscar Hardman Dundee UBC

Distance	Time	Pace	Rate
100m	0:18.1	1:30.5	40
200m	0:17.6	1:28.0	38
300m	0:17.5	1:27.5	41
400m	0:18.0	1:30.0	40
500m	0:18.9	1:34.5	38

Erg 4 David Rackstraw Crossfit Glacier

Distance	Time	Pace	Rate
100m	0:15.7	1:18.5	50
200m	0:14.9	1:14.5	48
300m	0:15.1	1:15.5	48
400m	0:15.4	1:17.0	51
500m	0:16.3	1:21.5	48

Erg 5 Colin Williamson Crossfit Airdrie

Distance	Time	Pace	Rate
100m	0:17.4	1:27.0	38
200m	0:16.7	1:23.5	36
300m	0:16.5	1:22.5	40
400m	0:16.2	1:21.0	41
500m	0:16.5	1:22.5	47

Erg 7 Oliver Gray Esprit

Distance	Time	Pace	Rate
100m	0:15.9	1:19.5	45
200m	0:15.1	1:15.5	44
300m	0:15.3	1:16.5	43
400m	0:15.6	1:18.0	42
500m	0:16.3	1:21.5	48

Erg 8 Nick Cox ULT Fitness + Crossfit

Distance	Time	Pace	Rate
100m	0:15.7	1:18.5	61
200m	0:15.2	1:16.0	55
300m	0:15.6	1:18.0	58
400m	0:16.6	1:23.0	54
500m	0:17.2	1:26.0	49

Erg 12 Stewart McGrenary Crossfit Glasgow

Distance	Time	Pace	Rate
100m	0:16.4	1:22.0	47
200m	0:15.0	1:15.0	48
300m	0:15.2	1:16.0	47
400m	0:15.7	1:18.5	50
500m	0:16.6	1:23.0	47

Erg 13 Gregor Hall Stirling RC

Distance	Time	Pace	Rate
100m	0:17.5	1:27.5	48
200m	0:16.8	1:24.0	36
300m	0:16.6	1:23.0	40
400m	0:16.5	1:22.5	47
500m	0:16.9	1:24.5	53

Erg 23 Juan Anza Strathclyde Park RC

Distance	Time	Pace	Rate
100m	0:19.4	1:37.0	46
200m	0:18.4	1:32.0	42
300m	0:18.4	1:32.0	42
400m	0:18.3	1:31.5	39
500m	0:18.3	1:31.5	39

Erg 24 Euan McLeod Dundee UBC

Distance	Time	Pace	Rate
100m	0:20.0	1:40.0	39
200m	0:18.9	1:34.5	32
300m	0:18.8	1:34.0	35
400m	0:19.3	1:36.5	34
500m	0:19.5	1:37.5	34

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Competitor Split Data

Race 22

Heat 1

W Sprint

Erg 1 Elaine Huskinson Hollingworth Lake RC				
Distance	Time	Pace	Rate	
100m	0:21.3	1:46.5	34	
200m	0:20.4	1:42.0	35	
300m	0:21.1	1:45.5	31	
400m	0:22.0	1:50.0	33	
500m	0:22.6	1:53.0	32	

Erg 6 Vicki White Aeternum Crossfit				
Distance	Time	Pace	Rate	
100m	0:19.7	1:38.5	46	
200m	0:18.5	1:32.5	46	
300m	0:18.8	1:34.0	42	
400m	0:19.6	1:38.0	40	
500m	0:19.8	1:39.0	42	

Erg 11 Ciara Conway St Pats TOW				
Distance	Time	Pace	Rate	
100m	0:22.0	1:50.0	41	
200m	0:21.6	1:48.0	39	
300m	0:22.1	1:50.5	35	
400m	0:22.3	1:51.5	38	
500m	0:22.3	1:51.5	35	

Erg 2 Rochelle Quigley Esprit				
Distance	Time	Pace	Rate	
100m	0:19.3	1:36.5	41	
200m	0:18.0	1:30.0	40	
300m	0:17.9	1:29.5	43	
400m	0:18.2	1:31.0	43	
500m	0:18.8	1:34.0	45	

Erg 7 Kathryn Canniford Dundee UBC				
Distance	Time	Pace	Rate	
100m	0:20.3	1:41.5	38	
200m	0:19.0	1:35.0	38	
300m	0:19.2	1:36.0	37	
400m	0:19.5	1:37.5	37	
500m	0:19.7	1:38.5	40	

Erg 13 Elaine Graham Sub 7 IRC				
Distance	Time	Pace	Rate	
100m	0:23.1	1:55.5	42	
200m	0:22.1	1:50.5	43	
300m	0:22.2	1:51.0	43	
400m	0:22.6	1:53.0	43	
500m	0:22.7	1:53.5	45	

Erg 3 India Poe Ullapool RC				
Distance	Time	Pace	Rate	
100m	0:21.0	1:45.0	46	
200m	0:20.5	1:42.5	44	
300m	0:21.8	1:49.0	44	
400m	0:23.3	1:56.5	46	
500m	0:25.0	2:05.0	41	

Erg 8 Claire Dickson Strathclyde Park RC				
Distance	Time	Pace	Rate	
100m	0:21.7	1:48.5	44	
200m	0:21.1	1:45.5	40	
300m	0:21.8	1:49.0	39	
400m	0:22.6	1:53.0	35	
500m	0:23.3	1:56.5	34	

Erg 14 Kate Silverthorne Agecroft				
Distance	Time	Pace	Rate	
100m	0:20.8	1:44.0	38	
200m	0:19.3	1:36.5	34	
300m	0:19.3	1:36.5	37	
400m	0:19.7	1:38.5	37	
500m	0:20.0	1:40.0	36	

Erg 4 Ena Digba Dundee UBC				
Distance	Time	Pace	Rate	
100m	0:23.1	1:55.5	42	
200m	0:21.3	1:46.5	39	
300m	0:22.8	1:54.0	39	
400m	0:25.1	2:05.5	36	
500m	0:27.3	2:16.5	31	

Erg 9 Natalie Firth Stirling RC				
Distance	Time	Pace	Rate	
100m	0:22.2	1:51.0	41	
200m	0:20.9	1:44.5	37	
300m	0:20.9	1:44.5	37	
400m	0:21.3	1:46.5	39	
500m	0:22.3	1:51.5	40	

Erg 15 Morna Galbraith Castle Semple RC				
Distance	Time	Pace	Rate	
100m	0:23.9	1:59.5	40	
200m	0:23.5	1:57.5	33	
300m	0:23.8	1:59.0	33	
400m	0:24.7	2:03.5	34	
500m	0:24.4	2:02.0	32	

Erg 5 Nic Byrne Crossfit Glasgow				
Distance	Time	Pace	Rate	
100m	0:20.6	1:43.0	32	
200m	0:19.0	1:35.0	32	
300m	0:19.4	1:37.0	34	
400m	0:19.7	1:38.5	37	
500m	0:19.6	1:38.0	40	

Erg 10 Rachel Houghton Crossfit Fortius				
Distance	Time	Pace	Rate	
100m	0:21.2	1:46.0	42	
200m	0:19.8	1:39.0	42	
300m	0:19.9	1:39.5	42	
400m	0:20.0	1:40.0	42	
500m	0:21.0	1:45.0	49	

Erg 21 Eleanor Inglis Castle Semple RC				
Distance	Time	Pace	Rate	
100m	0:21.9	1:49.5	41	
200m	0:21.2	1:46.0	34	
300m	0:21.4	1:47.0	36	
400m	0:21.9	1:49.5	36	
500m	0:21.5	1:47.5	36	

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Competitor Split Data

Race 22

Heat 1

W Sprint

Erg 22 Hilary McNally
Sub 7 IRC

Distance	Time	Pace	Rate
100m	0:21.9	1:49.5	38
200m	0:20.8	1:44.0	40
300m	0:21.4	1:47.0	36
400m	0:21.7	1:48.5	36
500m	0:22.5	1:52.5	37

Erg 23 Karen Dinardo
Castle Semple RC

Distance	Time	Pace	Rate
100m	0:22.4	1:52.0	45
200m	0:21.8	1:49.0	38
300m	0:23.1	1:55.5	36
400m	0:24.1	2:00.5	37
500m	0:24.9	2:04.5	38

Erg 24 Clare Rainbow
Castle Semple RC

Distance	Time	Pace	Rate
100m	0:22.2	1:51.0	41
200m	0:21.2	1:46.0	37
300m	0:20.5	1:42.5	38
400m	0:20.5	1:42.5	38
500m	0:20.6	1:43.0	41

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Competitor Split Data

Race 23

Heat 1

M Beginner Team

Erg 3 Woods University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:32.1	1:32.1	38
1000m	1:32.5	1:32.5	37
1500m	1:32.8	1:32.8	40
2000m	1:34.5	1:34.5	34
2500m	1:33.3	1:33.3	39
3000m	1:34.9	1:34.9	36

Erg 13 Whitworth Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:32.5	1:32.5	34
1000m	1:31.2	1:31.2	35
1500m	1:32.7	1:32.7	36
2000m	1:32.4	1:32.4	35
2500m	1:36.9	1:36.9	34
3000m	1:32.5	1:32.5	37

Erg 5 Marek Heriot-Watt UBC

Distance	Time	Pace	Rate
500m	1:26.8	1:26.8	43
1000m	1:36.3	1:36.3	43
1500m	1:32.0	1:32.0	42
2000m	1:34.7	1:34.7	43
2500m	1:37.9	1:37.9	42
3000m	1:38.5	1:38.5	44

Erg 7 Higbee Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:21.6	1:21.6	40
1000m	1:25.7	1:25.7	34
1500m	1:23.5	1:23.5	37
2000m	1:28.2	1:28.2	33
2500m	1:24.4	1:24.4	38
3000m	1:28.7	1:28.7	33

Erg 9 Binning Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:36.2	1:36.2	42
1000m	1:33.2	1:33.2	43
1500m	1:41.8	1:41.8	39
2000m	1:33.2	1:33.2	44
2500m	1:40.7	1:40.7	37
3000m	1:35.4	1:35.4	45

Erg 11 Morgan Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:27.4	1:27.4	36
1000m	1:25.4	1:25.4	41
1500m	1:29.1	1:29.1	36
2000m	1:27.4	1:27.4	38
2500m	1:31.8	1:31.8	35
3000m	1:26.1	1:26.1	42

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Competitor Split Data

Race 24

Heat 1

Mixed Team

Erg 5 McArthur
Castle Semple RC

Distance	Time	Pace	Rate
500m	1:58.0	1:58.0	37
1000m	1:49.0	1:49.0	39
1500m	1:54.4	1:54.4	37
2000m	1:52.9	1:52.9	38
2500m	1:52.2	1:52.2	36
3000m	1:56.5	1:56.5	38

Erg 7 McMillan
Castle Semple RC

Distance	Time	Pace	Rate
500m	1:48.7	1:48.7	39
1000m	1:53.7	1:53.7	40
1500m	1:54.5	1:54.5	37
2000m	1:52.4	1:52.4	37
2500m	1:58.5	1:58.5	38
3000m	1:49.3	1:49.3	40

Erg 9 Adler
Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:37.6	1:37.6	36
1000m	1:34.9	1:34.9	36
1500m	1:39.1	1:39.1	34
2000m	1:36.0	1:36.0	36
2500m	1:40.4	1:40.4	36
3000m	1:36.0	1:36.0	37

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Competitor Split Data

Race 25

Heat 1

M Team

Erg 3 McEwan Castle Semple RC

Distance	Time	Pace	Rate
500m	1:23.6	1:23.6	42
1000m	1:36.3	1:36.3	41
1500m	1:31.4	1:31.4	37
2000m	1:41.3	1:41.3	40
2500m	1:35.3	1:35.3	34
3000m	1:46.3	1:46.3	38

Erg 21 Nick University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:27.0	1:27.0	47
1000m	1:24.9	1:24.9	45
1500m	1:29.8	1:29.8	41
2000m	1:26.4	1:26.4	44
2500m	1:29.3	1:29.3	44
3000m	1:28.6	1:28.6	43

Erg 5 Canning Crossfit Glasgow

Distance	Time	Pace	Rate
500m	1:27.3	1:27.3	47
1000m	1:27.1	1:27.1	43
1500m	1:30.3	1:30.3	47
2000m	1:26.7	1:26.7	46
2500m	1:32.5	1:32.5	43
3000m	1:30.7	1:30.7	46

Erg 23 Semple Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:32.2	1:32.2	40
1000m	1:31.8	1:31.8	48
1500m	1:36.8	1:36.8	37
2000m	1:37.2	1:37.2	48
2500m	1:38.3	1:38.3	35
3000m	1:31.9	1:31.9	49

Erg 7 Rouze Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:34.4	1:34.4	39
1000m	1:28.3	1:28.3	37
1500m	1:35.8	1:35.8	37
2000m	1:28.9	1:28.9	38
2500m	1:37.7	1:37.7	41
3000m	1:32.4	1:32.4	41

Erg 25 Bock University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:24.4	1:24.4	45
1000m	1:24.6	1:24.6	47
1500m	1:24.1	1:24.1	46
2000m	1:22.6	1:22.6	46
2500m	1:24.7	1:24.7	48
3000m	1:23.9	1:23.9	46
3000m	1:29.4	1:29.4	42

Erg 11 Kirsch Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:24.7	1:24.7	39
1000m	1:24.1	1:24.1	43
1500m	1:25.9	1:25.9	38
2000m	1:25.7	1:25.7	43
2500m	1:28.2	1:28.2	37
3000m	1:26.7	1:26.7	42

Erg 13 Laird Strathclyde UBC

Distance	Time	Pace	Rate
500m	1:27.9	1:27.9	42
1000m	1:29.5	1:29.5	42
1500m	1:27.8	1:27.8	45
2000m	1:30.5	1:30.5	42
2500m	1:31.2	1:31.2	51
3000m	1:31.0	1:31.0	45

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Competitor Split Data

Race 26

Heat 1

W Team

Erg 3 Burne Crossfit Glasgow

Distance	Time	Pace	Rate
500m	1:38.7	1:38.7	45
1000m	1:41.0	1:41.0	49
1500m	1:40.7	1:40.7	54
2000m	1:45.3	1:45.3	44
2500m	1:46.1	1:46.1	48
3000m	1:47.0	1:47.0	52

Erg 13 McMahon University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:50.9	1:50.9	39
1000m	1:52.6	1:52.6	36
1500m	1:53.3	1:53.3	35
2000m	1:55.0	1:55.0	35
2500m	1:52.5	1:52.5	38
3000m	1:53.6	1:53.6	38

Erg 23 Valentine Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:42.0	1:42.0	36
1000m	1:41.5	1:41.5	34
1500m	1:43.1	1:43.1	34
2000m	1:42.6	1:42.6	33
2500m	1:41.8	1:41.8	34
3000m	1:42.3	1:42.3	34

Erg 5 Wright University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:47.0	1:47.0	36
1000m	1:45.4	1:45.4	36
1500m	1:48.8	1:48.8	36
2000m	1:45.6	1:45.6	37
2500m	1:50.8	1:50.8	36
3000m	1:47.4	1:47.4	36

Erg 15 Matthews University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:46.2	1:46.2	42
1000m	1:47.8	1:47.8	41
1500m	1:53.3	1:53.3	38
2000m	1:51.2	1:51.2	40
2500m	1:54.6	1:54.6	37
3000m	1:49.8	1:49.8	44

Erg 25 O'Mahoney Dundee UBC

Distance	Time	Pace	Rate
500m	1:47.4	1:47.4	39
1000m	1:49.3	1:49.3	35
1500m	1:48.9	1:48.9	36
2000m	1:52.7	1:52.7	36
2500m	1:53.6	1:53.6	37
3000m	1:50.1	1:50.1	36

Erg 7 Brinkhoff Dundee UBC

Distance	Time	Pace	Rate
500m	1:38.6	1:38.6	36
1000m	1:37.2	1:37.2	40
1500m	1:37.4	1:37.4	38
2000m	1:37.1	1:37.1	37
2500m	1:37.7	1:37.7	42
3000m	1:36.7	1:36.7	40

Erg 17 Toone Edinburgh UBC

Distance	Time	Pace	Rate
500m	1:47.9	1:47.9	37
1000m	1:46.2	1:46.2	33
1500m	1:47.2	1:47.2	36
2000m	1:47.6	1:47.6	31
2500m	1:49.7	1:49.7	36
3000m	1:47.8	1:47.8	32

Erg 27 Dodd Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:41.3	1:41.3	41
1000m	1:44.0	1:44.0	39
1500m	1:43.3	1:43.3	39
2000m	1:42.3	1:42.3	41
2500m	1:40.7	1:40.7	42
3000m	1:41.5	1:41.5	43

Erg 9 Hartley University of St Andrews BC

Distance	Time	Pace	Rate
500m	1:43.9	1:43.9	40
1000m	1:45.7	1:45.7	34
1500m	1:44.0	1:44.0	36
2000m	1:48.8	1:48.8	36
2500m	1:42.5	1:42.5	40
3000m	1:43.1	1:43.1	38

Erg 19 Simpson Robert Gordon UBC

Distance	Time	Pace	Rate
500m	1:45.9	1:45.9	36
1000m	1:42.9	1:42.9	38
1500m	1:45.8	1:45.8	36
2000m	1:44.8	1:44.8	37
2500m	1:47.4	1:47.4	34
3000m	1:46.2	1:46.2	38

Erg 11 Le Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:45.0	1:45.0	40
1000m	1:38.3	1:38.3	37
1500m	1:45.4	1:45.4	39
2000m	1:39.9	1:39.9	37
2500m	1:46.2	1:46.2	41
3000m	1:41.2	1:41.2	39

Erg 21 Patterson Aberdeen UBC

Distance	Time	Pace	Rate
500m	1:44.2	1:44.2	33
1000m	1:44.2	1:44.2	38
1500m	1:48.0	1:48.0	31
2000m	1:47.3	1:47.3	36
2500m	1:48.5	1:48.5	31
3000m	1:45.4	1:45.4	39

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Competitor Split Data

Race 26

W Team

Heat 1