

Erg-Test 2k
Don Rowing Club of Mississauga

FEMALE

Juniors, Seniors, Masters, Vetran - OnGoing List

Nr.	Date	Name	Surname	weight		2k	Stroke Rate	time	Concept Model ...	500m split		Watt	Relative Ergometer Leistung (REL)	Boot spezifische Ergometer Leistung (BSEL)	Grabow Faktor (REL)	Grabow Faktor (BSEL)
				kg	lbs											
1	12/12/04	Rutschow-Stomporowski (GER) (hwt)	Katrin			2000	x	06:35.80	C	01:38.95	99.00	360.7	14.59	17.74	0.73	0.66
2	22/02/09	Draeger (GER) (lwt)	Marie Louise			2000	x	07:05.20		01:46.30	106.00	293.9	14.98	17.16	0.73	0.66
3	06/06/09	Hutchinson	Claire			2000	x	07:05.40	D	01:46.35	106.00	293.9	12.72	15.21	0.73	0.66
4	01/05/09	Hutchinson	Claire			2000	x	07:06.10	D	01:46.53	107.00	285.7	12.11	14.56	0.73	0.66
5	08/02/09	Hutchinson	Claire			2000	x	07:18.40		01:49.60	110.00	263.0	11.83	14.01	0.73	0.66
6	06/06/09	Sanhuesa	Laura			2000	x	07:34.30	D	01:53.58	114.00	236.2	11.92	13.70	0.73	0.66
7	01/05/09	Bradbury	Michelle			2000	x	07:31.30	D	01:52.83	113.00	242.6	11.78	13.68	0.73	0.66
8	06/06/09	Martins	Jen			2000	x	07:18.80	D	01:49.70	110.00	263.0	11.31	13.55	0.73	0.66
9	06/06/09	Brett-Evans	Elene			2000	x	07:27.90	D	01:51.98	112.00	249.1	11.31	13.37	0.73	0.66
10	01/05/09	Dadd	Stephanie			2000	x	07:33.80	D	01:53.45	113.00	242.6	11.19	13.17	0.73	0.66
11	06/06/09	Dadd	Stephanie			2000	x	07:34.10	D	01:53.53	114.00	236.2	10.84	12.78	0.73	0.66
12	01/05/09	Ficek	Monica			2000	x	07:41.10	D	01:55.28	115.00	230.1	10.69	12.56	0.73	0.66
13	25/04/09	Roman	Marisha			2000	x	07:35.40	D	01:53.85	114.00	236.2	10.15	12.16	0.73	0.66
14	06/06/09	Ficek	Monica			2000	x	07:42.10	D	01:55.53	116.00	224.2	10.23	12.07	0.73	0.66
15	01/05/09	Mandrapilias	Tessa			2000	x	08:03.30	D	02:00.83	121.00	197.6	10.72	12.06	0.73	0.66
16	06/06/09	O'Neill	Chloe			2000	30-32	07:54.90	D	01:58.73	119.00	207.7	10.28	11.87	0.73	0.66
17	23/04/09	Beland	Vanessa			2000	x	07:41.60	D	01:55.40	115.00	230.1	9.68	11.66	0.73	0.66
18	06/06/09	Mandrapilias	Tessa			2000	x	08:12.20	D	02:03.05	123.00	188.1	10.38	11.62	0.73	0.66
19	26/04/09	Kanuka	Madeleine			2000	29-32	08:05.40	D	02:01.35	121.00	197.6	10.14	11.60	0.73	0.66
20	06/06/09	Drewry	Cynthia			2000	x	07:23.50	D	01:50.88	111.00	255.9	9.28	11.57	0.73	0.66
21	08/02/09	Beland	Vanessa			2000	x	07:47.90	D	01:56.98	117.00	218.5	9.53	11.38	0.73	0.66
22	06/06/09	Kanuka	Madeleine			2000	31-33	08:07.10	D	02:01.78	122.00	192.7	9.97	11.38	0.73	0.66
23	06/06/09	Webb	Alex			2000	x	07:40.20	D	01:55.05	115.00	230.1	9.30	11.31	0.73	0.66
24	08/02/09	Lychac	Lydia			2000	x	08:06.00	D	02:01.50	122.00	192.7	9.70	11.15	0.73	0.66
25	06/06/09	Guest	Katie			2000	x	08:01.00	D	02:00.25	120.00	202.5	9.36	11.01	0.73	0.66
26	06/06/09	Cina	Isabella			2000	x	08:06.80	D	02:01.70	122.00	192.7	9.52	11.00	0.73	0.66
27	26/04/09	Guest	Katie			2000	27-30	08:00.80	D	02:00.20	120.00	202.5	9.35	11.00	0.73	0.66
28	06/06/09	Simms	Cori			2000	x	07:52.50	D	01:58.13	118.00	213.0	9.11	10.93	0.73	0.66
29	26/04/09	Drewry	Cynthia			2000	27-29	07:29.80	D	01:52.45	112.00	249.1	8.68	10.91	0.73	0.66
30	06/06/09	Beland	Vanessa			2000	x	07:50.70	D	01:57.68	118.00	213.0	9.08	10.90	0.73	0.66
31	06/06/09	Oke	Amber			2000	x	08:04.80	D	02:01.20	121.00	197.6	9.20	10.80	0.73	0.66
32	06/06/09	Mundt	Linda			2000	x	07:55.30	D	01:58.83	119.00	207.7	9.03	10.79	0.73	0.66
33	26/04/09	Lebl	Goca			2000	28	08:08.70	D	02:02.18	122.00	192.7	9.25	10.77	0.73	0.66
34	26/04/09	Britow	Tonija			2000	27-29	08:01.80	D	02:00.45	120.00	202.5	9.08	10.77	0.73	0.66
35	26/04/09	Oke	Amber			2000	27	08:04.60	D	02:01.15	121.00	197.6	9.15	10.75	0.73	0.66
36	06/06/09	Crepsac	Alyxandra			2000	x	08:15.40	D	02:03.85	124.00	183.6	9.11	10.51	0.73	0.66
37	10/04/09	Jones	Jennifer			2000	x	08:04.00	D	02:01.00	121.00	197.6	8.85	10.49	0.73	0.66
38	26/04/09	Crepsac	Alyxandra			2000	24-29	08:16.80	D	02:04.20	124.00	183.6	9.02	10.44	0.73	0.66
39	26/04/09	Cina	Isabella			2000	25-30	08:16.40	D	02:04.10	124.00	183.6	8.98	10.40	0.73	0.66
40	26/04/09	Lychac	Lydia			2000	28-30	08:04.40	D	02:01.10	121.00	197.6	8.57	10.24	0.73	0.66
41	06/06/09	Jones	Jennifer			2000	x	08:07.70	D	02:01.93	122.00	192.7	8.63	10.24	0.73	0.66
42	25/04/09	Simms	Cori			2000	x	08:02.50	D	02:00.63	121.00	197.6	8.48	10.17	0.73	0.66
43	08/02/09	Crepsac	Alyxandra			2000	x	08:26.70	D	02:06.68	127.00	170.9	8.82	10.07	0.73	0.66
44	06/06/09	Dunlop	Michelle			2000	x	08:16.40	D	02:04.10	124.00	183.6	8.45	9.95	0.73	0.66
45	06/06/09	Howard	Jennifer			2000	x	08:30.60	D	02:07.65	128.00	166.9	8.70	9.90	0.73	0.66
46	08/02/09	Guest	Katie			2000	31/33	08:23.20	D	02:05.80	126.00	175.0	8.50	9.87	0.73	0.66
47	06/06/09	Mohammed	Marisha			2000	x	08:12.70	D	02:03.18	123.00	188.1	8.13	9.73	0.73	0.66
48	12/05/09	MacDonald	Heather			2000	x	08:39.70	D	02:09.93	130.00	159.3	8.47	9.59	0.73	0.66
49	01/05/09	Mohammed	Marisa			2000	x	08:18.50	D	02:04.63	125.00	179.2	7.79	9.30	0.73	0.66
50	26/04/09	Wainwright	Gilda			2000	28	08:43.80	D	02:10.95	131.00	155.7	8.03	9.17	0.73	0.66
51	06/06/09	Lebl	Goca			2000	x	08:37.70	D	02:09.43	129.00	163.0	7.88	9.16	0.73	0.66
52	06/06/09	Dundas	Lynda			2000	x	08:42.80	D	02:10.70	131.00	155.7	7.53	8.75	0.73	0.66
53	04/06/09	Constandis	Anne			2000	28-30	08:46.80	D	02:11.70	132.00	152.2	7.50	8.67	0.73	0.66
54	01/05/09	Tamer	Yousra			2000	x	08:51.50	D	02:12.88	133.00	148.8	7.43	8.56	0.73	0.66
55	01/05/09	Davenport	Danielle			2000	x	09:29.80	D	02:22.45	142.00	122.2	7.95	8.45	0.73	0.66
56	26/04/09	Constandis	Anne			2000	27-28	08:53.30	D	02:13.33	133.00	148.8	7.30	8.45	0.73	0.66
57	06/06/09	Wainwright	Gilda			2000	x	08:59.50	D	02:14.88	135.00	142.3	7.36	8.40	0.73	0.66
58	06/06/09	Pascua	Danica			2000	x	09:11.60	D	02:17.90	138.00	133.2	7.11	8.04	0.73	0.66
59	01/05/09	Pascua	Danica			2000	x	09:12.60	D	02:18.15	138.00	133.2	7.06	8.00	0.73	0.66
60	04/06/09	Breitman	Jane			2000	28-30	08:49.70	D	02:12.43	132.00	152.2	6.67	7.95	0.73	0.66
61	26/04/09	Breitman	Jane			2000	27-28	08:53.30	D	02:13.33	133.00	148.8	6.46	7.72	0.73	0.66

BSEL	>16.7	Olympic Level
	14.7-16.7	U23 Level