

## Weight Adjusted Erg Rankings

(Rankings for Feb. 17<sup>th</sup>, 2015 2km test scores – most recent)

Weight adjusted erg scores provide a more level perspective of how weight-efficient and effective an athlete is rowing. They enable coaches to determine how lightweight and heavyweight athletes directly compare once the weight variable has been accounted for.

### Rankings for Feb. 17<sup>th</sup>, 2015 2km Based on Most Recent Test:

Rank	Name	Weight Adjusted Score (time – m:s:ms)	Raw Score (time – m:s:ms)	Raw Split (ave/500m)
1	Luke	5:59.5	6:22.0	1:34.6
2	Erik	6:15.7	6:49.7 (PB)	1:42.4
3	Harrison	6:17.1	7:02.8 (PB)	1:45.7
4	Kieran	6:20.8	6:58.0 (PB)	1:44.5
5	Lucas	6:21.4	7:08.6 (PB)	1:47.2
6	Max	6:28.1	6:57.3	1:44.3
7	JJ	6:39.4	7:37.0 (PB)	1:54.2
<b>8 (tie)</b>	Cooper	6:45.9	7:33.0 (PB)	1:53.3
<b>8 (tie)</b>	Talal	6:45.9	7:51.4 (PB)	1:57.9
9	Julian	6:46.0	7:50.5 (PB)	1:57.6
10	Evan	6:55.0	7:44.7 (PB)	1:56.2
11	Arnaud	7:22.5	9:15.2 (PB)*	2:18.8
12	Will	7:29.2	8:51.0	2:12.7
--	Jared	DNRD	DNRD	DNRD

### Rankings for Feb. 17<sup>th</sup>, 2015 2km Based on Personal Bests:

Rank	Name	Weight Adjusted Score (time – m:s:ms)	Raw Score (time – m:s:ms)	Raw Split (ave/500m)
1	Luke	5:55.9	6:18.2	1:34.6
2	Max	6:13.9	6:42.0	1:40.5
3	Erik	6:15.7	6:49.7	1:42.4
4	Harrison	6:17.1	7:02.8	1:45.7
5	Kieran	6:20.8	6:58.0	1:44.5
6	Lucas	6:21.4	7:08.6	1:47.2
7	JJ	6:39.4	7:37.0	1:54.2
<b>8 (tie)</b>	Cooper	6:45.9	7:33.0	1:53.3
<b>8 (tie)</b>	Talal	6:45.9	7:51.4	1:57.9
9	Julian	6:46.0	7:50.5	1:57.6
10	Evan	6:55.0	7:44.7	1:56.2
11	Jared	6:57.8	8:16.2	2:04.0
12	Will	7:15.8	8:35.1	2:08.8
13	Arnaud	7:22.5	9:15.2*	2:18.8

*\*projected based on 1km race*

*Please speak with your coach if you have any questions concerning your results.*