

## Weight Adjusted Erg Rankings

*(Rankings for Feb. 11<sup>th</sup>, 2015 6km Test)*

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. 11<sup>th</sup>, 2015 6km Testing:

Rank	Name	Weight Adjusted Score (time – m:s:ms)	Raw Score (time – m:s:ms)	Raw Split (ave/500m)
1	Luke	19:13.7	20:26 (PB)	1:42.2
2	Max	20:17.4	21:49.0	1:49.0
3	Erik	20:26.6	22:17.6 (PB)	1:51.4
4	Harrison	20:33.1	23:02.4*	1:55.2
5	Lucas	20:40.1	23:13.4 (PB)	1:56.1
6	Kieran	21:00.4	23:03.5*	1:55.2
7	JJ	21:23.8	24:28.9*	2:02.4
8	Julian	22:23.4	25:56.7*	2:09.7
9	Cooper	22:30.7	25:05.8*	2:05.4
10	Evan	22:38.5	25:21.3*	2:06.7
11	Talal	22:47.2	26:26.1*	2:12.1
12	Will	23:23.8	27:39.4*	2:18.2
--	Jared	DNRD	DNRD	DNRD
--	Arnaud	DNRD	DNRD	DNRD

*DNRD = Did Not Receive Data (athlete away or sick)*

*\* indicates first 6km test ever*

Discrepancies between a personal best (or seasonal best) and any given 6km test score during practice can occur for a number of reasons, including but not limited to: lack of sleep, muscle fatigue, additional stress, personal injury, dehydration, malnutrition, overtraining, and/or reduced physical fitness due to under-training. Maintaining a rowing journal or logbook will be useful in determining what you need to work on & where you can improve (e.g.: more sleep, more or less training, etc.).

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