



## Alberta Rowing Association Provincial Ergometer Standards, 2010

<b>Category</b>	<b>Distance</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
Junior Men	2000 m	6:24	6:36	6:45
	6000 m	21:20	21:40	22:00
Junior Women	2000 m	7:25	7:35	7:45
	6000 m	24:18	24:48	25:18
U23 Lwt Men	2000 m	6:30	6:40	6:50
	6000 m	21:17	21:38	21:50
U23 Lwt Women	2000 m	7:28	7:38	7:48
	6000 m	24:28	24:59	25:30
U23 Men	2000 m	6:15	6:25	6:35
	6000 m	20:36	20:57	21:17
U23 Women	2000 m	7:15	7:25	7:35
	6000 m	23:11	23:41	24:12
Lwt Men	2000 m	6:25	6:35	6:45
	6000 m	20:40	21:00	21:20
Lwt Women	2000 m	7:23	7:33	7:43
	6000 m	23:45	24:15	24:45
Hwt Men	2000 m	6:05	6:15	6:25
	6000 m	20:00	20:20	20:40
Hwt Women	2000 m	7:08	7:18	7:28
	6000 m	22:30	23:00	23:30