



ALBERTA
ROWING
 ASSOCIATION

Alberta Rowing Association Provincial Ergometer Standards, 2011

		Bronze	Silver	Gold
Junior Men	2,000m	6:45	6:35	6:25
	6,000m	21:56	21:10	20:40
Junior Women	2,000m	7:45	7:38	7:26
	6,000m	25:16	24:24	23:48
U23 Lwt Men	2,000m	6:50	6:40	6:30
	6,000m	22:12	21:27	20:44
U23 Lwt Women	2,000m	7:49	7:42	7:30
	6,000m	25:27	24:35	23:58
Lwt Men	2,000m	6:45	6:32	6:22
	6,000m	21:47	21:03	20:12
Lwt Women	2,000m	7:45	7:33	7:21
	6,000m	24:57	24:06	23:25
U23 Men	2,000m	6:35	6:26	6:16
	6,000m	21:26	20:43	20:11
U23 Women	2,000m	7:35	7:25	7:14
	6,000m	24:21	23:31	22:56
Open Men	2,000m	6:25	6:14	6:05
	6,000m	20:48	20:05	19:35
Open Women	2,000m	7:27	7:12	7:01
	6,000m	23:47	22:59	22:24