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Training Speed Tables

MEN												
Boat Class	A Grade 2000m	B Grade 2000m	C Grade 1000m	D Grade 1000m	U17 2000m	U19 2000m	U21 2000m	U23 2000m	Year 9 1000m	Year 10 2000m	Open 2000m	
1x	7:43	7:55	4:17	4:01	7:28	7:18	7:12	7:06	4:20	4:05	7:18	
2x	7:03	7:27	3:34	3:48	7:02	6:52	6:42	6:37				
2+				4:56								
2-	7:13	7:30	3:53			7:03	6:53	6:43				
4-						6:19		6:08				
4+	6:52	6:51	3:17	3:43		6:38	6:32	6:27	3:48	7:00	6:43	
4x						6:17		5:59				
4x+	6:35	7:02	3:28	4:01	6:46				3:35	6:42	6:28	
8+	6:06	6:28	3:07	3:35	6:05	5:55	5:45	5:37		6:19	5:59	
	RV State Champs 2014 Wendouree				National Championships 08->				Best Heads of River/Lake			

WOMEN												
Boat Class	A Grade 2000m	B Grade 2000m	C Grade 1000m	D Grade 1000m	U17 2000m	U19 2000m	U21 2000m	U23 2000m	Year 9 1000m	Year 10 1000m	Open 2000m	
1x	8:24	8:45	4:23	4:42	8:14	8:02	7:57	7:51	4:55	4:53	8:02	
2x	7:58	8:04	4:06	4:18	7:45	7:30	7:25	7:20				
2+				4:56								
2-	8:22	8:20	4:24			7:55	7:40	7:26				
4-						7:09		6:56				
4+	7:47	8:15	3:58	4:29		7:42	7:35	7:30	3:50	3:40	7:26	
4x						6:59		6:50				
4x+	7:57	7:50	4:00	4:14	7:22				3:57	3:48	7:18	
8+	6:48	7:05	3:30	4:04		6:45	6:36	6:27			6:55	
	RV State Champs 2014 Wendouree				National Championships 08->				Best Heads of River/Schoolgirls			

Note: Times are based on best time recorded in the particular division and boat class as listed
Times in BLUE indicate no event held in 2014 and 2010 times referenced.

Prognostic	0:00		4:00	2:00	4.17	
	2000m	1500m	1000m	500m	m/s	Rate
T1	10:40	8:00	5:20	2:40	3.13	<20
T2	10:32	7:54	5:16	2:38	3.17	18-19
T3	10:00	7:30	5:00	2:30	3.34	22-24
T4	9:16	6:57	4:38	2:19	3.59	27-29
T5	8:36	6:27	4:18	2:09	3.88	34-35
T5/6	8:20	6:15	4:10	2:05	4	36-38
T6	7:44	5:48	3:52	1:56	4.3	43+

Enter a prognostic (target) 1000m OR 2000m time for your crew. (Use format m:ss)

This chart provides indicative boat speed for various work levels (boat or Ergo)