

## Scottish Indoor Rowing Championships 2016

### Split Info - Team Events

	<b>Total Time</b>	<b>Distance(m)</b>	<b>Av_Pace</b>	<b>Stroke Rate</b>
Glasgow Academy Boys - - MJ18 Team 3k	<b>9:24.7</b>	500	1:34.9	44
		1000	1:28.5	58
		1500	1:36.6	45
		2000	1:33.1	51
		2500	1:36.8	41
		3000	1:34.8	45
Castle Semple RC Boys - - MJ18 Team 3k	<b>9:31.4</b>	500	1:34.9	44
		1000	1:30.5	44
		1500	1:36.2	42
		2000	1:33.6	44
		2500	1:39.8	41
		3000	1:36.4	41
Clydesdale ARC Ray - Boys - MJ18 Team 3k	<b>9:31.8</b>	500	1:31.5	47
		1000	1:33.9	41
		1500	1:34.8	44
		2000	1:36.8	41
		2500	1:38.5	41
		3000	1:36.3	40
Strathclyde Park RC Troy - Boys - MJ18 Team 3k	<b>9:49.5</b>	500	1:38.8	47
		1000	1:33.1	45
		1500	1:36.1	47
		2000	1:41.0	46
		2500	1:41.2	43
		3000	1:39.3	46
Clydesdale ARC Morrison - Boys - MJ18 Team 3k	<b>10:12.0</b>	500	1:35.5	39
		1000	1:39.6	43
		1500	1:41.3	35
		2000	1:44.1	36
		2500	1:44.6	34
		3000	1:46.9	36
Loch Lomond RC Smith - Boys - MJ18 Team 3k	<b>10:19.9</b>	500	1:41.6	37
		1000	1:46.7	34
		1500	1:37.3	36
		2000	1:48.4	32
		2500	1:43.3	34
		3000	1:42.6	33
Strathclyde Park RC Grant - Girls - WJ18 Team 3k	<b>10:27.7</b>	500	1:45.0	41
		1000	1:41.2	40
		1500	1:45.3	38
		2000	1:46.3	39
		2500	1:43.4	40
		3000	1:46.5	39
Castle Semple RC Girls - - WJ18 Team 3k	<b>10:29.4</b>	500	1:43.1	40
		1000	1:43.2	46
		1500	1:43.5	39

		2000	1:47.0	41
		2500	1:46.1	38
		3000	1:46.5	45
Clydesdale ARC Pringle - Girls - WJ18 Team 3k	<b>10:41.4</b>	500	1:44.5	38
		1000	1:42.6	34
		1500	1:51.8	34
		2000	1:44.0	33
		2500	1:56.3	33
		3000	1:42.2	34
Glasgow Academy Girls - - WJ18 Team 3k	<b>11:07.9</b>	500	1:51.1	31
		1000	1:52.2	33
		1500	1:57.0	30
		2000	1:48.5	28
		2500	1:47.9	29
		3000	1:51.2	29

	<b>Total Time</b>	<b>Distance(m)</b>	<b>Av_Pace</b>	<b>Stroke Rate</b>
Edinburgh Uni Giles - - M Fresh Team 3k	<b>8:35.4</b>	500	1:26.6	49
		1000	1:20.6	39
		1500	1:27.6	43
		2000	1:24.3	36
		2500	1:31.0	44
		3000	1:25.3	36
Edinburgh Uni Reid - - M Fresh Team 3k	<b>9:02.2</b>	500	1:27.3	42
		1000	1:27.1	42
		1500	1:28.3	39
		2000	1:32.3	40
		2500	1:32.6	38
		3000	1:34.6	41
Edinburgh Uni Preston - - M Fresh Team 3k	<b>9:14.7</b>	500	1:28.7	43
		1000	1:28.8	38
		1500	1:33.8	41
		2000	1:31.8	38
		2500	1:36.0	41
		3000	1:35.6	41
Glasgow Uni Head - - M Fresh Team 3k	<b>9:17.8</b>	500	1:27.9	46
		1000	1:27.5	42
		1500	1:32.5	43
		2000	1:32.2	40
		2500	1:36.0	42
		3000	1:41.7	37
Edinburgh Uni Dyer - - M Fresh Team 3k	<b>9:18.9</b>	500	1:34.2	37
		1000	1:32.3	44
		1500	1:32.6	36
		2000	1:31.6	43
		2500	1:35.0	35
		3000	1:33.2	41
Glasgow Uni Schulze - - M Fresh Team 3k	<b>9:26.8</b>	500	1:37.3	49
		1000	1:33.0	45
		1500	1:37.0	42



		2000	1:45.2	44
		2500	1:48.0	39
		3000	1:47.4	45
Edinburgh Uni - - WFresh Team 3k	<b>10:46.7</b>	500	1:44.1	39
		1000	1:44.5	45
		1500	1:49.8	37
		2000	1:48.6	44
		2500	1:51.6	36
		3000	1:48.1	39
St Andrews Uni Hartley - - WFresh Team 3k	<b>10:54.9</b>	500	1:49.1	37
		1000	1:44.8	35
		1500	1:51.7	35
		2000	1:47.5	32
		2500	1:53.5	34
		3000	1:48.3	33
Edinburgh Uni Townsend - - WFresh Team 3k	<b>10:59.7</b>	500	1:46.1	40
		1000	1:47.3	35
		1500	1:51.8	37
		2000	1:50.0	35
		2500	1:53.0	37
		3000	1:51.5	36
Glasgow Uni Tipper - - WFresh Team 3k	<b>11:12.5</b>	500	1:50.9	43
		1000	1:48.5	36
		1500	1:55.2	39
		2000	1:52.7	36
		2500	1:52.5	41
		3000	1:52.7	36
Glasgow Uni Fockler - - WFresh Team 3k	<b>11:16.8</b>	500	1:52.3	39
		1000	1:47.8	38
		1500	1:55.0	39
		2000	1:52.3	36
		2500	1:54.5	37
		3000	1:54.9	38
Glasgow Uni Greenwood - - WFresh Team 3k	<b>11:22.1</b>	500	1:53.4	44
		1000	1:47.4	39
		1500	1:58.3	41
		2000	1:50.5	39
		2500	1:58.3	40
		3000	1:54.2	37
Glasgow Uni Rowe - - WFresh Team 3k	<b>11:26.7</b>	500	1:53.0	39
		1000	1:55.0	34
		1500	1:53.7	36
		2000	1:56.6	34
		2500	1:52.3	36
		3000	1:56.1	36
St Andrews Uni Arnott - - WFresh Team 3k	<b>11:29.1</b>	500	1:54.6	41
		1000	1:47.6	42
		1500	1:57.0	38
		2000	1:52.3	40
		2500	2:02.2	39





		3000	1:25.0	40
CFG MacAulay - - M Team 3k	<b>8:40.9</b>	500	1:25.0	46
		1000	1:23.5	42
		1500	1:26.3	48
		2000	1:26.7	44
		2500	1:29.2	43
		3000	1:30.2	42
Edinburgh Uni Beveridge - - M Team 3k	<b>8:47.9</b>	500	1:23.5	55
		1000	1:25.1	59
		1500	1:25.8	53
		2000	1:29.3	57
		2500	1:30.8	47
		3000	1:33.4	55
Row to valhalla Canning - - M Team 3k	<b>8:49.3</b>	500	1:25.5	49
		1000	1:25.5	50
		1500	1:26.0	45
		2000	1:30.1	45
		2500	1:30.2	48
		3000	1:32.0	45
Dundee Uni Jefferies - - M Uni Team 3k	<b>9:22.3</b>	500	1:31.1	48
		1000	1:32.4	39
		1500	1:30.7	41
		2000	1:35.3	40
		2500	1:34.3	40
		3000	1:38.5	40
Dundee Uni Hughes - - M Uni Team 3k	<b>9:33.3</b>	500	1:35.3	39
		1000	1:32.7	39
		1500	1:34.9	38
		2000	1:37.2	38
		2500	1:38.1	38
		3000	1:35.1	40
GCU Staff Conner - - M Team 3k	<b>11:04.9</b>	500	1:38.7	44
		1000	1:55.8	41
		1500	1:47.2	45
		2000	1:59.5	40
		2500	1:47.4	41
		3000	1:56.3	44