

Scottish Indoor Rowing Championships 2016

Split Info - Timed Events

	Total Distance(m)	Split time	Split Distance(m)	Split Pace	Stroke Rate
Isla Henderson - Stirling RC - WJ13 3min	720	2:00.0	483	2:04.2	41
		3:00.0	237	2:06.6	42
Lindsay MacArthur - Castle Semple RC - WJ13 3min	687	2:00.0	466	2:08.8	36
		3:00.0	221	2:15.7	33
Mary Walker - Loch Lomond RC - WJ13 3min	672	2:00.0	469	2:07.9	44
		3:00.0	203	2:27.8	38
Madeleine McClure - Castle Semple RC - WJ13 3min	559	2:00.0	385	2:35.8	38
		3:00.0	174	2:52.4	37
	Total Distance(m)	Split time	Split Distance(m)	Split Pace	Stroke Rate
Andrew Williams - The Ergomaniacs - MJ14 4min	1092	2:00.0	547	1:49.7	35
		4:00.0	545	1:50.1	35
Rory Duncan - Stirling RC - MJ14 4min	1096	2:00.0	565	1:46.2	41
		4:00.0	531	1:53.0	39
Ben Kirkby - Stirling RC - MJ14 4min	1067	2:00.0	556	1:47.9	33
		4:00.0	511	1:57.4	32
Lachlan MacKinnon - Loch Lomond - MJ14 4min	1053	2:00.0	551	1:48.9	35
		4:00.0	502	1:59.5	32
Euan McKenzie - Loch Lomond - MJ14 4min	1062	2:00.0	547	1:49.7	34
		4:00.0	515	1:56.5	34
Raymond Ron - Strathclyde Park RC - MJ14 4min	1016	2:00.0	535	1:52.1	35
		4:00.0	481	2:04.7	32
Euan Weir - Castle Semple RC - MJ14 4min	909	2:00.0	468	2:08.2	31
		4:00.0	441	2:16.1	32
	Total Distance(m)	Split time	Split Distance(m)	Split Pace	Stroke Rate
Lucy Steel - Loch Lomond RC - WJ14 4min	986	2:00.0	506	1:58.6	31
		4:00.0	480	2:05.0	27
Eleanor Culley - Stirling RC - WJ14 4min	980	2:00.0	519	1:55.6	36

		4:00.0	461	2:10.2	34
Kirsty Loudon - Castle Semple RC - WJ14 4min	958	2:00.0	495	2:01.2	36
		4:00.0	463	2:09.6	34
Morven McKinnon - Clydesdale ARC - WJ14 4min	956	2:00.0	494	2:01.5	30
		4:00.0	462	2:09.9	29
Olivia McGrory - Strathclyde Park RC - WJ14 4min	915	2:00.0	488	2:03.0	36
		4:00.0	427	2:20.5	34
Eilidh Miller - Castle Semple RC - WJ14 4min	915	2:00.0	483	2:04.2	35
		4:00.0	432	2:18.9	31
Katie McGhee - Castle Semple RC - WJ14 4min	914	2:00.0	481	2:04.7	34
		4:00.0	433	2:18.6	30
Claire McGhee - Castle Semple RC - WJ14 4min	894	2:00.0	463	2:09.6	36
		4:00.0	431	2:19.2	35
Zainab Saad Hassan - Clydesdale ARC - WJ14 4min	893	2:00.0	480	2:05.0	35
		4:00.0	413	2:25.3	32
Amy Morris - Loch Lomond RC - WJ14 4min	892	2:00.0	459	2:10.7	34
		4:00.0	433	2:18.6	33
Eve Brownlee - Loch Lomond RC - WJ14 4min	887	2:00.0	457	2:11.3	30
		4:00.0	430	2:19.5	28
Jenna Monachan - Clydesdale ARC - WJ14 4min	842	2:00.0	432	2:18.9	35
		4:00.0	410	2:26.3	33

	Total Distance(m)	Split time	Split Distance(m)	Split Pace	Stroke Rate
Molly Barry - Castle Semple RC - WJ15 5min	1322	2:00.0	533	1:52.6	28
		4:00.0	520	1:55.4	28
		5:00.0	269	1:51.5	32
Anna Buchanan - GWC - WJ15 5min	1313	2:00.0	536	1:51.9	29
		4:00.0	518	1:55.8	28
		5:00.0	259	1:55.8	33
Emma Morrison - Clydesdale ARC - WJ15 5min	1306	2:00.0	540	1:51.1	30
		4:00.0	503	1:59.3	28
		5:00.0	263	1:54.1	31
Eve Kitcher - Glasgow Academy - WJ15 5min	1294	2:00.0	541	1:50.9	28

		4:00.0	507	1:58.3	26
		5:00.0	246	2:02.0	26
Evie Hyland - Loch Lomond RC - WJ15 5min	1290	2:00.0	541	1:50.9	31
		4:00.0	497	2:00.7	28
		5:00.0	252	1:59.0	28
Lily Young - Loch Lomond RC - WJ15 5min	1274	2:00.0	530	1:53.2	31
		4:00.0	497	2:00.7	29
		5:00.0	247	2:01.5	30
Martha Coombes - Loch Lomond RC - WJ15 5min	1243	2:00.0	518	1:55.8	29
		4:00.0	482	2:04.5	26
		5:00.0	243	2:03.5	31
Laura Fitzpatrick - Strathclyde Park - WJ15 5min	1233	2:00.0	519	1:55.6	28
		4:00.0	475	2:06.3	27
		5:00.0	239	2:05.5	28
Katie Maltby - Castle Semple RC - WJ15 5min	1231	2:00.0	501	1:59.8	31
		4:00.0	482	2:04.5	31
		5:00.0	248	2:01.0	33
Catriona Andrews - Glasgow Academy - WJ15 5min	1220	2:00.0	512	1:57.2	31
		4:00.0	471	2:07.4	28
		5:00.0	237	2:06.6	32
Kim Denton - Loch Lomond RC - WJ15 5min	1220	2:00.0	497	2:00.7	30
		4:00.0	475	2:06.3	28
		5:00.0	248	2:01.0	32
Natalie Miller - Castle Semple RC - WJ15 5min	1211	2:00.0	492	2:02.0	30
		4:00.0	479	2:05.3	28
		5:00.0	240	2:05.0	27
Missy McLaren - Strathclyde Park RC - WJ15 5min	1209	2:00.0	507	1:58.3	33
		4:00.0	462	2:09.9	29
		5:00.0	240	2:05.0	30
Freya Buchanan - Loch Lomond RC - WJ15 5min	1198	2:00.0	486	2:03.5	30
		4:00.0	465	2:09.0	28
		5:00.0	247	2:01.5	32
Innes Dunlop - Loch Lomond RC - WJ15 5min	1198	2:00.0	493	2:01.7	29

		4:00.0	454	2:12.2	28
		5:00.0	251	1:59.5	31
Orla McCall - Strathclyde Park RC - WJ15 5min	1178	2:00.0	504	1:59.0	36
		4:00.0	444	2:15.1	31
		5:00.0	230	2:10.4	33
Jess Tebbutt - Strathclyde Park RC - WJ15 5min	1079	2:00.0	451	2:13.0	35
		4:00.0	420	2:22.9	29
		5:00.0	208	2:24.2	31
Rachel Speirs - Castle Semple RC - WJ15 5min	1003	2:00.0	424	2:21.5	37
		4:00.0	381	2:37.5	34
		5:00.0	198	2:31.5	38
		Total Distance(m)	Split time	Split Distance(m)	Split Pace
Rory White - Glasgow Academy - MJ15 5min	1368	2:00.0	569	1:45.4	30
		4:00.0	534	1:52.4	28
		5:00.0	265	1:53.2	27
Adam Robertson - Glasgow RC - MJ15 5min	1347	2:00.0	557	1:47.7	32
		4:00.0	526	1:54.1	28
		5:00.0	264	1:53.6	30