



Prepared by Stuart Wilson

AUSTRALIAN MASTERS ROWING CATERGORIES AND TIME STANDARDS 2017		TIME STANDARD M/SEC	1000M time		NZ WORLD MASTERS GAMES FINALS RESULTS 2017	RACE M/SEC	% EFFECIENCY
Time Standard A Age 27	MMA8+	5.750	2:54.		3:00.	5.556	96.62%
A	MMA4x	5.578	2:59.		3:02	5.495	98.50%
A	MMA4-	5.405	3:05.		3:08	5.319	98.41%
A	MMA4x+	5.290	3:09.				
A	MMA4+	5.204	3:12.		3:16	5.102	98.04%
A	MMA2x	5.204	3:12.		3:18	5.051	97.05%
A	MMA2-	4.916	3:23.		3:22	4.950	100.70%
A	MMA1x	4.830	3:27.		3:39	4.566	94.54%
Time Standard B Age 36	MMB8+	5.724	2:55.		3:13	5.181	90.52%
B	MMB4x	5.552	3:00.		3:01	5.525	99.51%
B	MMB4-	5.380	3:06.		3:22	4.950	92.02%
B	MMB4x+	5.266	3:10.				
B	MMB4+	5.180	3:13.		3:20	5.000	96.53%
B	MMB2x	5.180	3:13.		3:14	5.155	99.51%
B	MMB2-	4.894	3:24.		3:28	4.808	98.24%
B	MMB1x	4.808	3:28.		3:37	4.608	95.85%
Time Standard C Age 43	MMC8+	5.630	2:58.		2:57	5.650	100.35%
C	MMC4X	5.461	3:03.		3:07	5.348	97.92%
C	MMC4-	5.292	3:09.		3:12	5.208	98.42%
C	MMC4X+	5.180	3:13.				
C	MMC4+	5.095	3:16.		3:17	5.076	99.63%
C	MMC2X	5.095	3:16.		3:30	4.762	93.46%
C	MMC2-	4.814	3:28.		3:29	4.785	99.39%
C	MMC1X	4.729	3:31.		3:41	4.525	95.68%
Time Standard D Age 50	MMD8+	5.515	3:01.		3:03	5.464	99.08%
D	MMD4X	5.350	3:07.		3:18	5.051	94.40%
D	MMD4-	5.184	3:13.		3:13	5.181	99.95%
D	MMD4X+	5.074	3:17.				
D	MMD4+	4.991	3:20.		3:27	4.831	96.79%
D	MMD2X	4.994	3:20.		3:33	4.695	94.02%
D	MMD2-	4.715	3:32.		3:24	4.902	103.97%
D	MMD1X	4.633	3:36.		3:42	4.505	97.23%

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Time Standard E Age 55	MME8+	5.385	3:06.		3:04	5.435	100.92%
E	MME4X	5.223	3:11.		3:17	5.076	97.19%
E	MME4-	5.062	3:18.		3:20	5.000	98.78%
E	MME4X+	4.954	3:22.				
E	MME4+	4.873	3:25.		3:22	4.950	101.59%
E	MME2X	4.873	3:25.		3:24	4.902	100.59%
E	MME2-	4.604	3:37.		3:35	4.651	101.02%
E	MME1X	4.523	3:41.		3:37	4.608	101.89%
Time Standard F Age 60	MMF8+	5.238	3:11.		3:07	5.348	102.09%
F	MMF4X	5.081	3:17.		3:18	5.051	99.40%
F	MMF4-	4.923	3:23.		3:36	4.630	94.04%
F	MMF4X+	4.819	3:28.				
F	MMF4+	4.740	3:31.		3:37	4.608	97.22%
F	MMF2X	4.740	3:31.		3:40	4.545	95.90%
F	MMF2-	4.478	3:43.		3:42	4.505	100.59%
F	MMF1X	4.400	3:47.		3:51	4.329	98.39%
Time Standard G Age 65	MMG8+	5.073	3:17.		3:09	5.291	104.30%
G	MMG4X	4.921	3:23.		3:25	4.878	99.13%
G	MMG4-	4.769	3:30.		3:27	4.831	101.30%
G	MMG4X+	4.667	3:34.				
G	MMG4+	4.591	3:38.		3:39	4.566	99.46%
G	MMG2X	4.591	3:38.		3:44	4.464	97.24%
G	MMG2-	4.337	3:51.		4:06	4.065	93.73%
G	MMG1X	4.261	3:55.		4:04	4.098	96.18%
Time Standard H Age 70	MMH8+	4.871	3:25.		3:22	4.950	101.63%
H	MMH4X	4.725	3:32.		3:31	4.739	100.30%
H	MMH4-	4.579	3:38.		3:34	4.673	102.05%
H	MMH4X+	4.481	3:43.				
H	MMH4+	4.408	3:47.		3:51	4.329	98.21%
H	MMH2X	4.408	3:47.		3:46	4.425	100.38%
H	MMH2-	4.165	4:00.		3:52	4.310	103.49%
H	MMH1X	4.092	4:04.		4:07	4.049	98.94%
Time Standard I Age 75	MMI8+	4.592	3:38.				
I	MMI4X	4.454	3:45.				
I	MMI4-	4.316	3:52.		3:52	4.310	99.87%
I	MMI4X+	4.225	3:57.				
I	MMI4+	4.156	4:01.		3:59	4.184	100.68%
I	MMI2X	4.156	4:01.		4:04	4.098	98.61%
I	MMI2-	3.926	4:15.		4:12	3.968	101.08%
I	MMI1X	3.857	4:19.		4:34	3.650	94.62%

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Time Standard J Age 80	MMJ8+	4.193	3:58.				
J	MMJ4X	4.067	4:06.				
J	MMJ4-	3.942	4:14.				
J	MMJ4X+	3.858	4:19.				
J	MMJ4+	3.795	4:24.				
J	MMJ2X	3.795	4:24.				
J	MMJ2-	3.585	4:39.				
J	MMJ1X	3.522	4:44.		5:18	3.145	89.29%
Time Standard A Age 27	FMA8+	5.100	3:16.		3:53	4.292	84.15%
A	FMA4x	4.947	3:22.		3:39	4.566	92.30%
A	FMA4-	4.794	3:29.		3:34	4.673	97.47%
A	FMA4x+	4.816	3:28.				
A	FMA4+	4.616	3:37.		3:51	4.329	93.78%
A	FMA2x	4.616	3:37.		3:49	4.367	94.60%
A	FMA2-	4.361	3:49.		3:52	4.310	98.84%
A	FMA1x	4.284	3:53.		4:15	3.922	91.54%
Time Standard B Age 36	FMB8+	5.077	3:17.		3:36	4.630	91.19%
B	FMB4x	4.925	3:23.		3:31	4.739	96.23%
B	FMB4-	4.772	3:30.		3:37	4.608	96.57%
B	FMB4x+	4.745	3:31.				
B	FMB4+	4.595	3:38.		4:12	3.968	86.36%
B	FMB2x	4.595	3:38.		3:42	4.505	98.03%
B	FMB2-	4.341	3:50.		3:58	4.202	96.79%
B	FMB1x	4.265	3:54.		4:02	4.132	96.89%
Time Standard C Age 43	FMC8+	4.994	3:20.		3:25	4.878	97.68%
C	FMC4X	4.844	3:26.		3:28	4.808	99.25%
C	FMC4-	4.694	3:33.		3:40	4.545	96.84%
C	FMC4X+	4.645	3:35.				
C	FMC4+	4.519	3:41.		3:54	4.274	94.57%
C	FMC2X	4.519	3:41.		3:55	4.255	94.17%
C	FMC2-	4.270	3:54.		4:13	3.953	92.57%
C	FMC1X	4.195	3:58.		4:16	3.906	93.12%
Time Standard D Age 50	FMD8+	4.892	3:24.		3:31	4.739	96.88%
D	FMD4X	4.745	3:31.		3:30	4.762	100.36%
D	FMD4-	4.598	3:37.		3:40	4.545	98.86%
D	FMD4X+	4.542	3:40.				
D	FMD4+	4.427	3:46.		3:51	4.329	97.79%
D	FMD2X	4.427	3:46.		3:45	4.444	100.39%
D	FMD2-	4.182	3:59.		4:09	4.016	96.03%
D	FMD1X	4.109	4:03.		4:06	4.065	98.93%

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Time Standard E Age 55	FME8+	4.775	3:29.		3:27	4.831	101.17%
E	FME4X	4.632	3:36.		3:36	4.630	99.95%
E	FME4-	4.489	3:43.		3:52	4.310	96.02%
E	FME4X+	4.462	3:44.				
E	FME4+	4.321	3:51.		3:51	4.329	100.19%
E	FME2X	4.321	3:51.		4:08	4.032	93.32%
E	FME2-	4.083	4:05.		4:12	3.968	97.19%
E	FME1X	4.011	4:09.		4:15	3.922	97.77%
Time Standard F Age 60	FMF8+	4.641	3:35.		3:47	4.405	94.92%
F	FMF4X	4.502	3:42.		3:50	4.348	96.58%
F	FMF4-	4.363	3:49.		4:01	4.149	95.10%
F	FMF4X+	4.351	3:50.				
F	FMF4+	4.200	3:58.		3:54	4.274	101.75%
F	FMF2X	4.200	3:58.		4:05	4.082	97.18%
F	FMF2-	3.968	4:12.		4:27	3.745	94.39%
F	FMF1X	3.899	4:16.		4:27	3.745	96.06%
Time Standard G Age 65	FMG8+	4.485	3:43.		3:47	4.405	98.22%
G	FMG4X	4.351	3:50.		3:52	4.310	99.07%
G	FMG4-	4.216	3:57.		4:00	4.167	98.83%
G	FMG4X+	4.218	3:57.				
G	FMG4+	4.059	4:06.		4:31	3.690	90.91%
G	FMG2X	4.059	4:06.		4:11	3.984	98.15%
G	FMG2-	3.835	4:21.		4:31	3.690	96.22%
G	FMG1X	3.767	4:25.		4:38	3.597	95.49%
Time Standard H Age 70	FMH8+	4.280	3:54.				
H	FMH4X	4.151	4:01.		4:49	3.460	83.36%
H	FMH4-	4.023	4:09.		4:51	3.436	85.42%
H	FMH4X+	3.965	4:12.				
H	FMH4+	3.873	4:18.		5:07	3.257	84.10%
H	FMH2X	3.873	4:18.		4:47	3.484	89.96%
H	FMH2-	3.659	4:33.		5:16	3.165	86.49%
H	FMH1X	3.595	4:38.		5:03	3.300	91.80%
Time Standard I Age 75	FMI8+	3.970	4:12.				
I	FMI4X	3.851	4:20.				
I	FMI4-	3.732	4:28.				
I	FMI4X+	3.708	4:30.				
I	FMI4+	3.593	4:38.				
I	FMI2X	3.593	4:38.		4:54	3.401	94.67%
I	FMI2-	3.395	4:55.				
I	FMI1X	3.335	5:00.		5:07	3.257	97.67%

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Time Standard J Age 80	FMJ8+	3.486	4:47.				
J	FMJ4X	3.381	4:56.				
J	FMJ4-	3.271	5:06.				
J	FMJ4X+	3.467	4:48.				
J	FMJ4+	3.155	5:17.				
J	FMJ2X	3.155	5:17.				
J	FMJ2-	2.980	5:36.				
J	FMJ1X	2.928	5:42.		6:27	2.584	88.25%
Time Standard A Age 27 MIX	MIXA8	5.425	3:04.				
A	MIXA4x	5.263	3:10.		3:35	4.651	88.38%
A	MIXA4-	5.100	3:16.				
A	MIXA4x+	5.053	3:18.				
A	MIXA4+	4.910	3:24.		3:48	4.386	89.33%
A	MIXA2x	4.910	3:24.		3:25	4.878	99.35%
A	MIXA2-	4.639	3:36.				
A	MIXB8	5.401	3:05.		3:21	4.975	92.12%
Time Standard B Age 36	MIXB4x	5.239	3:11.		3:31	4.739	90.47%
B	MIXB4-	5.076	3:17.				
B	MIXB4x+	5.005	3:20.				
B	MIXB4+	4.888	3:25.		3:49	4.367	89.35%
B	MIXB2x	4.888	3:25.		3:25	4.878	99.81%
B	MIXB2-	4.618	3:37.				
B	MIXC8	5.312	3:08.		3:26	4.854	91.38%
B	MIXC4x	5.153	3:14.		3:21	4.975	96.56%
Time Standard C Age 43	MIXC4-	4.993	3:20.				
C	MIXC4x+	4.912	3:24.				
C	MIXC4+	4.807	3:28.		3:41	4.525	94.13%
C	MIXC2x	4.807	3:28.		3:26	4.854	100.99%
C	MIXC2-	4.542	3:40.				
C	MIXD8	5.204	3:12.		3:26	4.854	93.29%
C	MIXD4x	5.048	3:18.		3:25	4.878	96.64%
C	MIXD4-	4.891	3:24.				
Time Standard D Age 50	MIXD4x+	4.808	3:28.				
D	MIXD4+	4.709	3:32.		3:51	4.329	91.93%
D	MIXD2x	4.710	3:32.		3:29	4.785	101.58%
D	MIXD2-	4.449	3:45.				
D	MIXE8	5.080	3:17.		3:36	4.630	91.13%
D	MIXE4x	4.928	3:23.		3:22	4.950	100.47%
D	MIXE4-	4.776	3:29.				
D	MIXE4x+	4.708	3:32.				

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Time Standard E Age 55	MIXE4+	4.597	3:38.		3:42	4.505	97.99%
E	MIXE2x	4.597	3:38.		3:38	4.587	99.79%
E	MIXE2-	4.344	3:50.				
E	MIXF8	4.940	3:22.		3:31	4.739	95.95%
E	MIXF4x	4.792	3:29.		3:31	4.739	98.91%
E	MIXF4-	4.643	3:35.				
E	MIXF4x+	4.585	3:38.				
E	MIXF4+	4.470	3:44.		3:41	4.525	101.23%
Time Standard F Age 60	MIXF2x	4.470	3:44.		4:05	4.082	91.31%
F	MIXF2-	4.223	3:57.				
F	MIXG8	4.779	3:29.		3:28	4.808	100.60%
F	MIXG4x	4.636	3:36.		3:36	4.630	99.86%
F	MIXG4-	4.493	3:43.				
F	MIXG4x+	4.443	3:45.				
F	MIXG4+	4.325	3:51.		3:51	4.329	100.09%
F	MIXG2x	4.325	3:51.		4:09	4.016	92.86%
Time Standard G Age 65	MIXG2-	4.086	4:05.				
G	MIXH8	4.576	3:39.				
G	MIXH4x	4.438	3:45.		4:15	3.922	88.36%
G	MIXH4-	4.301	3:53.				
G	MIXH4x+	4.223	3:57.				
G	MIXH4+	4.141	4:02.		4:17	3.891	93.98%
G	MIXH2x	4.141	4:02.				
G	MIXH2-	3.912	4:16.				