

Gold Medal Standard Times

Boat	A Men	LA Men	Junior Men	Women	LA Women	Junior Women
1x	6:31 5.115	6:37 5.038	6:44 4.950	7:08 4.673	7:14 4.608	7:24 4.505
2x	6:01 5.556	6:06 5.464	6:13 5.362	6:37 5.038	6:43 4.963	6:50 4.878
4x	5:31 6.006	5:38 5.917	5:46 5.780	6:05 5.479	6:11 5.391	6:17 5.305
2-	6:13 5.362	6:19 5.277	6:26 5.181	6:51 4.866	6:57 4.796	7:05 4.706
2+	6:37 5.038		6:51 4.866			
4-	5:41 5.865	5:45 5.797	5:53 5.666	6:16 5.319		6:32 5.102
4+	5:53 5.666		6:06 5.464			
8+	5:19 6.270	5:24 6.173	5:30 6.061	5:53 5.666		6:05 5.479
Ergo	5:35 5.970	5:58 5.587	5:50 5.714	6:29 5.141	6:52 4.854	6:43 4.963

Values: top value per cell is the time required to complete 2000m at 100% race time. The second value is the velocity in metres per second (m/sec) to achieve this time.

The above velocities are the estimated average, at which a shell must be raced to win a Gold Medal at a World Championships. The estimates are performed by Rowing Australia. If you wish to find out how fast you must race a given distance, use:

$$\text{time} = \text{distance (m)} / \text{velocity (m/s)}$$

For example: to calculate the time to row 5km at 90% of Gold Medal Standard for the Mens Senior A Single Scull:

$$\text{Find 90\% of 100\% Speed} = 0.9 \times 5.115$$

$$= 4.604 \text{ m/s}$$

$$\text{Now find 5km Time} = 5000 / 4.604$$

$$= 1086 \text{ sec (18min 10sec)}$$

So, the time you should do 5km in, to achieve a prognostic of 90% is 18min 10sec