

TARGET 2K ERG TIMES

Open Weight Women (above 130 lbs.)



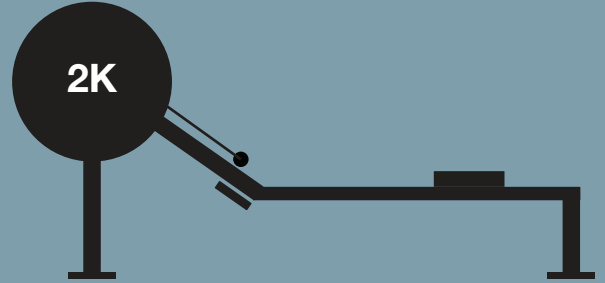
A female rower who weighs about 150 lbs. should pull about an 8:00 minute 2K time.



150 lbs.



= 8.0 Min.



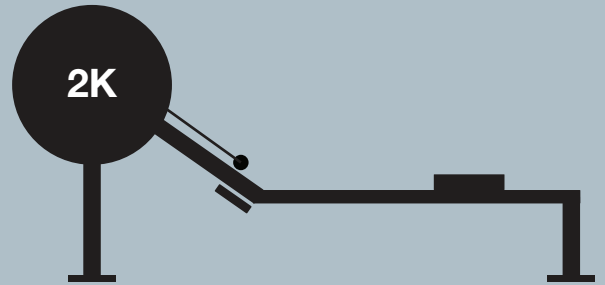
A female rower who weighs more than 150 lbs. should pull under an 8:00 minute 2K time.



>150 lbs.



< 8:00 Min.



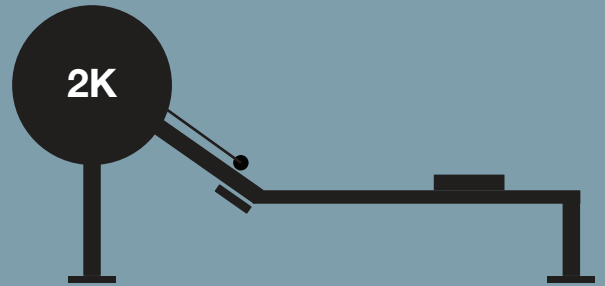
A female rower who weighs 130-150 lbs. should pull between an 8:05-8:15 2K time.



130-150 lbs.



= 8:05-8:15 Min.



Light Weight (LWT) Women (under 130 lbs.)



A female rower who weighs <130 lbs. should pull between an 8:20-8:30 2K time.



<130 lbs.



= 8:20-8:30 Min.

