

Sound Rowers 2020 video erg racing

Saturday April 18th - 20 minute regatta:

#	Name	Gndr	Locale	Erg make & model	Age	Distance in meters	Cal	Comments
1	Cliff Cooley	M	Seattle	Concept II Model C	70	4607	288	Well, Peter's machine is definitely suspect -- more calories, less distance
2	Michael Lampi	M	Bellevue	Freemotion 790 Treadmill	62	4409	326	Ramped it up a bit too slowly (7 mph, 7.5, 8, 8.5 at 5 minute mark for the remainder of the race. (Laptop lost Internet in the last 3 minutes, had to use phone Zoom to reconnect after race.) Great fun watching the competition!
3	Peter Turcan	M	Seattle	Nordic Track RW200	62	3323	344	Fun, but use a Concept II rower.