

Appendix 1 to RBN 2007/08

Correlation of the ergo score with the boat speed.

Single Scull

| 1x | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|-------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 6:00 | 6:04 | 6:07 | 6:10 | 6:14 | 6:17 | 6:20 | 6:23 | 6:26 | 6:29 | 6:32 | 6:35 | 6:38 |
| 5:45 | 545 | 6:06 | 6:09 | 6:13 | 6:16 | 6:19 | 6:22 | 6:26 | 6:29 | 6:32 | 6:35 | 6:38 | 6:41 | 6:44 |
| 5:50 | 522 | 6:11 | 6:14 | 6:18 | 6:21 | 6:25 | 6:28 | 6:31 | 6:34 | 6:38 | 6:41 | 6:44 | 6:47 | 6:50 |
| 5:55 | 501 | 6:16 | 6:20 | 6:23 | 6:27 | 6:30 | 6:34 | 6:37 | 6:40 | 6:43 | 6:46 | 6:49 | 6:53 | 6:56 |
| 6:00 | 480 | 6:21 | 6:25 | 6:29 | 6:32 | 6:36 | 6:39 | 6:42 | 6:46 | 6:49 | 6:52 | 6:55 | 6:58 | 7:01 |
| 6:05 | 461 | 6:27 | 6:30 | 6:34 | 6:38 | 6:41 | 6:45 | 6:48 | 6:51 | 6:55 | 6:58 | 7:01 | 7:04 | 7:07 |
| 6:10 | 442 | 6:32 | 6:36 | 6:40 | 6:43 | 6:47 | 6:50 | 6:54 | 6:57 | 7:00 | 7:04 | 7:07 | 7:10 | 7:13 |
| 6:15 | 425 | 6:37 | 6:41 | 6:45 | 6:49 | 6:52 | 6:56 | 6:59 | 7:03 | 7:06 | 7:09 | 7:13 | 7:16 | 7:19 |
| 6:20 | 408 | 6:43 | 6:47 | 6:50 | 6:54 | 6:58 | 7:01 | 7:05 | 7:08 | 7:12 | 7:15 | 7:18 | 7:22 | 7:25 |
| 6:25 | 393 | 6:48 | 6:52 | 6:56 | 6:59 | 7:03 | 7:07 | 7:10 | 7:14 | 7:17 | 7:21 | 7:24 | 7:27 | 7:31 |
| 6:30 | 378 | 6:53 | 6:57 | 7:01 | 7:05 | 7:09 | 7:12 | 7:16 | 7:20 | 7:23 | 7:26 | 7:30 | 7:33 | 7:37 |
| 6:35 | 363 | 6:59 | 7:03 | 7:07 | 7:10 | 7:14 | 7:18 | 7:22 | 7:25 | 7:29 | 7:32 | 7:36 | 7:39 | 7:42 |
| 6:40 | 350 | 7:04 | 7:08 | 7:12 | 7:16 | 7:20 | 7:23 | 7:27 | 7:31 | 7:34 | 7:38 | 7:41 | 7:45 | 7:48 |
| 6:45 | 337 | 7:09 | 7:13 | 7:17 | 7:21 | 7:25 | 7:29 | 7:33 | 7:36 | 7:40 | 7:44 | 7:47 | 7:51 | 7:54 |
| 6:50 | 325 | 7:14 | 7:19 | 7:23 | 7:27 | 7:31 | 7:35 | 7:38 | 7:42 | 7:46 | 7:49 | 7:53 | 7:56 | 8:00 |
| 6:55 | 313 | 7:20 | 7:24 | 7:28 | 7:32 | 7:36 | 7:40 | 7:44 | 7:48 | 7:51 | 7:55 | 7:59 | 8:02 | 8:06 |
| 7:00 | 302 | 7:25 | 7:29 | 7:34 | 7:38 | 7:42 | 7:46 | 7:49 | 7:53 | 7:57 | 8:01 | 8:04 | 8:08 | 8:12 |
| 7:05 | 292 | 7:30 | 7:35 | 7:39 | 7:43 | 7:47 | 7:51 | 7:55 | 7:59 | 8:03 | 8:07 | 8:10 | 8:14 | 8:17 |
| 7:10 | 282 | 7:36 | 7:40 | 7:44 | 7:49 | 7:53 | 7:57 | 8:01 | 8:05 | 8:08 | 8:12 | 8:16 | 8:20 | 8:23 |
| 7:15 | 272 | 7:41 | 7:45 | 7:50 | 7:54 | 7:58 | 8:02 | 8:06 | 8:10 | 8:14 | 8:18 | 8:22 | 8:25 | 8:29 |
| 7:20 | 263 | 7:46 | 7:51 | 7:55 | 7:59 | 8:04 | 8:08 | 8:12 | 8:16 | 8:20 | 8:24 | 8:28 | 8:31 | 8:35 |
| 7:25 | 254 | 7:52 | 7:56 | 8:00 | 8:05 | 8:09 | 8:13 | 8:17 | 8:22 | 8:25 | 8:29 | 8:33 | 8:37 | 8:41 |
| 7:30 | 246 | 7:57 | 8:01 | 8:06 | 8:10 | 8:15 | 8:19 | 8:23 | 8:27 | 8:31 | 8:35 | 8:39 | 8:43 | 8:47 |
| 7:35 | 238 | 8:02 | 8:07 | 8:11 | 8:16 | 8:20 | 8:24 | 8:29 | 8:33 | 8:37 | 8:41 | 8:45 | 8:49 | 8:53 |
| 7:40 | 230 | 8:07 | 8:12 | 8:17 | 8:21 | 8:26 | 8:30 | 8:34 | 8:38 | 8:43 | 8:47 | 8:51 | 8:55 | 8:58 |
| 7:45 | 223 | 8:13 | 8:17 | 8:22 | 8:27 | 8:31 | 8:35 | 8:40 | 8:44 | 8:48 | 8:52 | 8:56 | 9:00 | 9:04 |
| 7:50 | 216 | 8:18 | 8:23 | 8:27 | 8:32 | 8:37 | 8:41 | 8:45 | 8:50 | 8:54 | 8:58 | 9:02 | 9:06 | 9:10 |
| 7:55 | 209 | 8:23 | 8:28 | 8:33 | 8:38 | 8:42 | 8:47 | 8:51 | 8:55 | 9:00 | 9:04 | 9:08 | 9:12 | 9:16 |
| 8:00 | 203 | 8:29 | 8:34 | 8:38 | 8:43 | 8:48 | 8:52 | 8:57 | 9:01 | 9:05 | 9:09 | 9:14 | 9:18 | 9:22 |

Double Scull

| 2x | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|-------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 5:33 | 5:36 | 5:39 | 5:42 | 5:45 | 5:48 | 5:51 | 5:54 | 5:57 | 6:00 | 6:03 | 6:05 | 6:08 |
| 5:45 | 545 | 5:38 | 5:41 | 5:44 | 5:47 | 5:51 | 5:54 | 5:56 | 5:59 | 6:02 | 6:05 | 6:08 | 6:11 | 6:13 |
| 5:50 | 522 | 5:43 | 5:46 | 5:49 | 5:52 | 5:56 | 5:59 | 6:02 | 6:05 | 6:08 | 6:10 | 6:13 | 6:16 | 6:19 |
| 5:55 | 501 | 5:48 | 5:51 | 5:54 | 5:58 | 6:01 | 6:04 | 6:07 | 6:10 | 6:13 | 6:16 | 6:19 | 6:21 | 6:24 |
| 6:00 | 480 | 5:53 | 5:56 | 5:59 | 6:03 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:21 | 6:24 | 6:27 | 6:30 |
| 6:05 | 461 | 5:58 | 6:01 | 6:04 | 6:08 | 6:11 | 6:14 | 6:17 | 6:20 | 6:23 | 6:26 | 6:29 | 6:32 | 6:35 |
| 6:10 | 442 | 6:02 | 6:06 | 6:09 | 6:13 | 6:16 | 6:19 | 6:22 | 6:25 | 6:29 | 6:32 | 6:35 | 6:37 | 6:40 |
| 6:15 | 425 | 6:07 | 6:11 | 6:14 | 6:18 | 6:21 | 6:24 | 6:27 | 6:31 | 6:34 | 6:37 | 6:40 | 6:43 | 6:46 |
| 6:20 | 408 | 6:12 | 6:16 | 6:19 | 6:23 | 6:26 | 6:29 | 6:33 | 6:36 | 6:39 | 6:42 | 6:45 | 6:48 | 6:51 |
| 6:25 | 393 | 6:17 | 6:21 | 6:24 | 6:28 | 6:31 | 6:35 | 6:38 | 6:41 | 6:44 | 6:47 | 6:51 | 6:54 | 6:57 |
| 6:30 | 378 | 6:22 | 6:26 | 6:29 | 6:33 | 6:36 | 6:40 | 6:43 | 6:46 | 6:50 | 6:53 | 6:56 | 6:59 | 7:02 |
| 6:35 | 363 | 6:27 | 6:31 | 6:34 | 6:38 | 6:41 | 6:45 | 6:48 | 6:51 | 6:55 | 6:58 | 7:01 | 7:04 | 7:07 |
| 6:40 | 350 | 6:32 | 6:36 | 6:39 | 6:43 | 6:46 | 6:50 | 6:53 | 6:57 | 7:00 | 7:03 | 7:06 | 7:10 | 7:13 |
| 6:45 | 337 | 6:37 | 6:41 | 6:44 | 6:48 | 6:51 | 6:55 | 6:58 | 7:02 | 7:05 | 7:09 | 7:12 | 7:15 | 7:18 |
| 6:50 | 325 | 6:42 | 6:45 | 6:49 | 6:53 | 6:57 | 7:00 | 7:04 | 7:07 | 7:11 | 7:14 | 7:17 | 7:20 | 7:24 |
| 6:55 | 313 | 6:47 | 6:50 | 6:54 | 6:58 | 7:02 | 7:05 | 7:09 | 7:12 | 7:16 | 7:19 | 7:22 | 7:26 | 7:29 |
| 7:00 | 302 | 6:51 | 6:55 | 6:59 | 7:03 | 7:07 | 7:10 | 7:14 | 7:18 | 7:21 | 7:24 | 7:28 | 7:31 | 7:34 |
| 7:05 | 292 | 6:56 | 7:00 | 7:04 | 7:08 | 7:12 | 7:16 | 7:19 | 7:23 | 7:26 | 7:30 | 7:33 | 7:37 | 7:40 |
| 7:10 | 282 | 7:01 | 7:05 | 7:09 | 7:13 | 7:17 | 7:21 | 7:24 | 7:28 | 7:32 | 7:35 | 7:38 | 7:42 | 7:45 |
| 7:15 | 272 | 7:06 | 7:10 | 7:14 | 7:18 | 7:22 | 7:26 | 7:29 | 7:33 | 7:37 | 7:40 | 7:44 | 7:47 | 7:51 |
| 7:20 | 263 | 7:11 | 7:15 | 7:19 | 7:23 | 7:27 | 7:31 | 7:35 | 7:38 | 7:42 | 7:46 | 7:49 | 7:53 | 7:56 |
| 7:25 | 254 | 7:16 | 7:20 | 7:24 | 7:28 | 7:32 | 7:36 | 7:40 | 7:44 | 7:47 | 7:51 | 7:54 | 7:58 | 8:01 |
| 7:30 | 246 | 7:21 | 7:25 | 7:29 | 7:33 | 7:37 | 7:41 | 7:45 | 7:49 | 7:53 | 7:56 | 8:00 | 8:03 | 8:07 |
| 7:35 | 238 | 7:26 | 7:30 | 7:34 | 7:38 | 7:42 | 7:46 | 7:50 | 7:54 | 7:58 | 8:01 | 8:05 | 8:09 | 8:12 |
| 7:40 | 230 | 7:31 | 7:35 | 7:39 | 7:43 | 7:47 | 7:51 | 7:55 | 7:59 | 8:03 | 8:07 | 8:10 | 8:14 | 8:18 |
| 7:45 | 223 | 7:35 | 7:40 | 7:44 | 7:48 | 7:52 | 7:56 | 8:00 | 8:04 | 8:08 | 8:12 | 8:16 | 8:19 | 8:23 |
| 7:50 | 216 | 7:40 | 7:45 | 7:49 | 7:53 | 7:58 | 8:02 | 8:06 | 8:10 | 8:14 | 8:17 | 8:21 | 8:25 | 8:29 |
| 7:55 | 209 | 7:45 | 7:50 | 7:54 | 7:58 | 8:03 | 8:07 | 8:11 | 8:15 | 8:19 | 8:23 | 8:26 | 8:30 | 8:34 |
| 8:00 | 203 | 7:50 | 7:55 | 7:59 | 8:03 | 8:08 | 8:12 | 8:16 | 8:20 | 8:24 | 8:28 | 8:32 | 8:36 | 8:39 |

Quadruple Scull

| 4x | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|-------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 5:10 | 5:13 | 5:16 | 5:19 | 5:22 | 5:25 | 5:27 | 5:30 | 5:33 | 5:35 | 5:38 | 5:40 | 5:43 |
| 5:45 | 545 | 5:15 | 5:18 | 5:21 | 5:24 | 5:27 | 5:29 | 5:32 | 5:35 | 5:38 | 5:40 | 5:43 | 5:45 | 5:48 |
| 5:50 | 522 | 5:19 | 5:23 | 5:26 | 5:28 | 5:31 | 5:34 | 5:37 | 5:40 | 5:42 | 5:45 | 5:48 | 5:50 | 5:53 |
| 5:55 | 501 | 5:24 | 5:27 | 5:30 | 5:33 | 5:36 | 5:39 | 5:42 | 5:45 | 5:47 | 5:50 | 5:53 | 5:55 | 5:58 |
| 6:00 | 480 | 5:29 | 5:32 | 5:35 | 5:38 | 5:41 | 5:44 | 5:47 | 5:49 | 5:52 | 5:55 | 5:58 | 6:00 | 6:03 |
| 6:05 | 461 | 5:33 | 5:36 | 5:39 | 5:43 | 5:46 | 5:49 | 5:51 | 5:54 | 5:57 | 6:00 | 6:03 | 6:05 | 6:08 |
| 6:10 | 442 | 5:38 | 5:41 | 5:44 | 5:47 | 5:50 | 5:53 | 5:56 | 5:59 | 6:02 | 6:05 | 6:08 | 6:10 | 6:13 |
| 6:15 | 425 | 5:42 | 5:46 | 5:49 | 5:52 | 5:55 | 5:58 | 6:01 | 6:04 | 6:07 | 6:10 | 6:13 | 6:15 | 6:18 |
| 6:20 | 408 | 5:47 | 5:50 | 5:53 | 5:57 | 6:00 | 6:03 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:20 | 6:23 |
| 6:25 | 393 | 5:51 | 5:55 | 5:58 | 6:01 | 6:04 | 6:08 | 6:11 | 6:14 | 6:17 | 6:20 | 6:23 | 6:25 | 6:28 |
| 6:30 | 378 | 5:56 | 5:59 | 6:03 | 6:06 | 6:09 | 6:12 | 6:16 | 6:19 | 6:22 | 6:25 | 6:27 | 6:30 | 6:33 |
| 6:35 | 363 | 6:01 | 6:04 | 6:07 | 6:11 | 6:14 | 6:17 | 6:20 | 6:23 | 6:26 | 6:29 | 6:32 | 6:35 | 6:38 |
| 6:40 | 350 | 6:05 | 6:09 | 6:12 | 6:15 | 6:19 | 6:22 | 6:25 | 6:28 | 6:31 | 6:34 | 6:37 | 6:40 | 6:43 |
| 6:45 | 337 | 6:10 | 6:13 | 6:17 | 6:20 | 6:23 | 6:27 | 6:30 | 6:33 | 6:36 | 6:39 | 6:42 | 6:45 | 6:48 |
| 6:50 | 325 | 6:14 | 6:18 | 6:21 | 6:25 | 6:28 | 6:31 | 6:35 | 6:38 | 6:41 | 6:44 | 6:47 | 6:50 | 6:53 |
| 6:55 | 313 | 6:19 | 6:22 | 6:26 | 6:29 | 6:33 | 6:36 | 6:40 | 6:43 | 6:46 | 6:49 | 6:52 | 6:55 | 6:58 |
| 7:00 | 302 | 6:23 | 6:27 | 6:31 | 6:34 | 6:38 | 6:41 | 6:44 | 6:48 | 6:51 | 6:54 | 6:57 | 7:00 | 7:03 |
| 7:05 | 292 | 6:28 | 6:32 | 6:35 | 6:39 | 6:42 | 6:46 | 6:49 | 6:53 | 6:56 | 6:59 | 7:02 | 7:05 | 7:08 |
| 7:10 | 282 | 6:32 | 6:36 | 6:40 | 6:44 | 6:47 | 6:51 | 6:54 | 6:57 | 7:01 | 7:04 | 7:07 | 7:10 | 7:14 |
| 7:15 | 272 | 6:37 | 6:41 | 6:45 | 6:48 | 6:52 | 6:55 | 6:59 | 7:02 | 7:06 | 7:09 | 7:12 | 7:15 | 7:19 |
| 7:20 | 263 | 6:42 | 6:45 | 6:49 | 6:53 | 6:57 | 7:00 | 7:04 | 7:07 | 7:11 | 7:14 | 7:17 | 7:20 | 7:24 |
| 7:25 | 254 | 6:46 | 6:50 | 6:54 | 6:58 | 7:01 | 7:05 | 7:08 | 7:12 | 7:15 | 7:19 | 7:22 | 7:25 | 7:29 |
| 7:30 | 246 | 6:51 | 6:55 | 6:59 | 7:02 | 7:06 | 7:10 | 7:13 | 7:17 | 7:20 | 7:24 | 7:27 | 7:30 | 7:34 |
| 7:35 | 238 | 6:55 | 6:59 | 7:03 | 7:07 | 7:11 | 7:14 | 7:18 | 7:22 | 7:25 | 7:29 | 7:32 | 7:35 | 7:39 |
| 7:40 | 230 | 7:00 | 7:04 | 7:08 | 7:12 | 7:15 | 7:19 | 7:23 | 7:27 | 7:30 | 7:34 | 7:37 | 7:40 | 7:44 |
| 7:45 | 223 | 7:04 | 7:08 | 7:12 | 7:16 | 7:20 | 7:24 | 7:28 | 7:31 | 7:35 | 7:39 | 7:42 | 7:45 | 7:49 |
| 7:50 | 216 | 7:09 | 7:13 | 7:17 | 7:21 | 7:25 | 7:29 | 7:33 | 7:36 | 7:40 | 7:43 | 7:47 | 7:50 | 7:54 |
| 7:55 | 209 | 7:14 | 7:18 | 7:22 | 7:26 | 7:30 | 7:34 | 7:37 | 7:41 | 7:45 | 7:48 | 7:52 | 7:55 | 7:59 |
| 8:00 | 203 | 7:18 | 7:22 | 7:26 | 7:30 | 7:34 | 7:38 | 7:42 | 7:46 | 7:50 | 7:53 | 7:57 | 8:00 | 8:04 |

Pair

| 2- | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|-------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 5:44 | 5:47 | 5:50 | 5:54 | 5:57 | 6:00 | 6:03 | 6:06 | 6:09 | 6:12 | 6:14 | 6:17 | 6:20 |
| 5:45 | 545 | 5:49 | 5:52 | 5:56 | 5:59 | 6:02 | 6:05 | 6:08 | 6:11 | 6:14 | 6:17 | 6:20 | 6:23 | 6:25 |
| 5:50 | 522 | 5:54 | 5:57 | 6:01 | 6:04 | 6:07 | 6:10 | 6:13 | 6:17 | 6:20 | 6:22 | 6:25 | 6:28 | 6:31 |
| 5:55 | 501 | 5:59 | 6:03 | 6:06 | 6:09 | 6:12 | 6:16 | 6:19 | 6:22 | 6:25 | 6:28 | 6:31 | 6:34 | 6:37 |
| 6:00 | 480 | 6:04 | 6:08 | 6:11 | 6:14 | 6:18 | 6:21 | 6:24 | 6:27 | 6:30 | 6:33 | 6:36 | 6:39 | 6:42 |
| 6:05 | 461 | 6:09 | 6:13 | 6:16 | 6:20 | 6:23 | 6:26 | 6:29 | 6:33 | 6:36 | 6:39 | 6:42 | 6:45 | 6:48 |
| 6:10 | 442 | 6:14 | 6:18 | 6:21 | 6:25 | 6:28 | 6:32 | 6:35 | 6:38 | 6:41 | 6:44 | 6:47 | 6:50 | 6:53 |
| 6:15 | 425 | 6:19 | 6:23 | 6:27 | 6:30 | 6:33 | 6:37 | 6:40 | 6:43 | 6:47 | 6:50 | 6:53 | 6:56 | 6:59 |
| 6:20 | 408 | 6:24 | 6:28 | 6:32 | 6:35 | 6:39 | 6:42 | 6:45 | 6:49 | 6:52 | 6:55 | 6:58 | 7:02 | 7:05 |
| 6:25 | 393 | 6:29 | 6:33 | 6:37 | 6:40 | 6:44 | 6:47 | 6:51 | 6:54 | 6:57 | 7:01 | 7:04 | 7:07 | 7:10 |
| 6:30 | 378 | 6:35 | 6:38 | 6:42 | 6:46 | 6:49 | 6:53 | 6:56 | 7:00 | 7:03 | 7:06 | 7:09 | 7:13 | 7:16 |
| 6:35 | 363 | 6:40 | 6:43 | 6:47 | 6:51 | 6:54 | 6:58 | 7:01 | 7:05 | 7:08 | 7:12 | 7:15 | 7:18 | 7:21 |
| 6:40 | 350 | 6:45 | 6:48 | 6:52 | 6:56 | 7:00 | 7:03 | 7:07 | 7:10 | 7:14 | 7:17 | 7:20 | 7:24 | 7:27 |
| 6:45 | 337 | 6:50 | 6:54 | 6:57 | 7:01 | 7:05 | 7:09 | 7:12 | 7:16 | 7:19 | 7:23 | 7:26 | 7:29 | 7:33 |
| 6:50 | 325 | 6:55 | 6:59 | 7:03 | 7:06 | 7:10 | 7:14 | 7:17 | 7:21 | 7:25 | 7:28 | 7:31 | 7:35 | 7:38 |
| 6:55 | 313 | 7:00 | 7:04 | 7:08 | 7:12 | 7:15 | 7:19 | 7:23 | 7:26 | 7:30 | 7:34 | 7:37 | 7:40 | 7:44 |
| 7:00 | 302 | 7:05 | 7:09 | 7:13 | 7:17 | 7:21 | 7:24 | 7:28 | 7:32 | 7:35 | 7:39 | 7:42 | 7:46 | 7:49 |
| 7:05 | 292 | 7:10 | 7:14 | 7:18 | 7:22 | 7:26 | 7:30 | 7:34 | 7:37 | 7:41 | 7:44 | 7:48 | 7:51 | 7:55 |
| 7:10 | 282 | 7:15 | 7:19 | 7:23 | 7:27 | 7:31 | 7:35 | 7:39 | 7:43 | 7:46 | 7:50 | 7:53 | 7:57 | 8:00 |
| 7:15 | 272 | 7:20 | 7:24 | 7:28 | 7:32 | 7:36 | 7:40 | 7:44 | 7:48 | 7:52 | 7:55 | 7:59 | 8:03 | 8:06 |
| 7:20 | 263 | 7:25 | 7:29 | 7:34 | 7:38 | 7:42 | 7:46 | 7:50 | 7:53 | 7:57 | 8:01 | 8:04 | 8:08 | 8:12 |
| 7:25 | 254 | 7:30 | 7:34 | 7:39 | 7:43 | 7:47 | 7:51 | 7:55 | 7:59 | 8:03 | 8:06 | 8:10 | 8:14 | 8:17 |
| 7:30 | 246 | 7:35 | 7:40 | 7:44 | 7:48 | 7:52 | 7:56 | 8:00 | 8:04 | 8:08 | 8:12 | 8:15 | 8:19 | 8:23 |
| 7:35 | 238 | 7:40 | 7:45 | 7:49 | 7:53 | 7:57 | 8:01 | 8:06 | 8:09 | 8:13 | 8:17 | 8:21 | 8:25 | 8:28 |
| 7:40 | 230 | 7:45 | 7:50 | 7:54 | 7:58 | 8:03 | 8:07 | 8:11 | 8:15 | 8:19 | 8:23 | 8:27 | 8:30 | 8:34 |
| 7:45 | 223 | 7:50 | 7:55 | 7:59 | 8:04 | 8:08 | 8:12 | 8:16 | 8:20 | 8:24 | 8:28 | 8:32 | 8:36 | 8:40 |
| 7:50 | 216 | 7:55 | 8:00 | 8:04 | 8:09 | 8:13 | 8:17 | 8:22 | 8:26 | 8:30 | 8:34 | 8:38 | 8:41 | 8:45 |
| 7:55 | 209 | 8:00 | 8:05 | 8:10 | 8:14 | 8:18 | 8:23 | 8:27 | 8:31 | 8:35 | 8:39 | 8:43 | 8:47 | 8:51 |
| 8:00 | 203 | 8:06 | 8:10 | 8:15 | 8:19 | 8:24 | 8:28 | 8:32 | 8:36 | 8:40 | 8:45 | 8:49 | 8:52 | 8:56 |

Four

| 4- | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|-------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 5:13 | 5:16 | 5:19 | 5:22 | 5:24 | 5:27 | 5:30 | 5:33 | 5:35 | 5:38 | 5:40 | 5:43 | 5:45 |
| 5:45 | 545 | 5:17 | 5:20 | 5:23 | 5:26 | 5:29 | 5:32 | 5:35 | 5:38 | 5:40 | 5:43 | 5:45 | 5:48 | 5:51 |
| 5:50 | 522 | 5:22 | 5:25 | 5:28 | 5:31 | 5:34 | 5:37 | 5:40 | 5:42 | 5:45 | 5:48 | 5:50 | 5:53 | 5:56 |
| 5:55 | 501 | 5:27 | 5:30 | 5:33 | 5:36 | 5:39 | 5:42 | 5:44 | 5:47 | 5:50 | 5:53 | 5:55 | 5:58 | 6:01 |
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| 6:05 | 461 | 5:36 | 5:39 | 5:42 | 5:45 | 5:48 | 5:51 | 5:54 | 5:57 | 6:00 | 6:03 | 6:05 | 6:08 | 6:11 |
| 6:10 | 442 | 5:40 | 5:44 | 5:47 | 5:50 | 5:53 | 5:56 | 5:59 | 6:02 | 6:05 | 6:08 | 6:10 | 6:13 | 6:16 |
| 6:15 | 425 | 5:45 | 5:48 | 5:51 | 5:55 | 5:58 | 6:01 | 6:04 | 6:07 | 6:10 | 6:13 | 6:15 | 6:18 | 6:21 |
| 6:20 | 408 | 5:50 | 5:53 | 5:56 | 5:59 | 6:03 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:20 | 6:23 | 6:26 |
| 6:25 | 393 | 5:54 | 5:58 | 6:01 | 6:04 | 6:07 | 6:10 | 6:14 | 6:17 | 6:20 | 6:23 | 6:25 | 6:28 | 6:31 |
| 6:30 | 378 | 5:59 | 6:02 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:22 | 6:25 | 6:28 | 6:31 | 6:33 | 6:36 |
| 6:35 | 363 | 6:03 | 6:07 | 6:10 | 6:14 | 6:17 | 6:20 | 6:23 | 6:26 | 6:29 | 6:33 | 6:36 | 6:38 | 6:41 |
| 6:40 | 350 | 6:08 | 6:11 | 6:15 | 6:18 | 6:22 | 6:25 | 6:28 | 6:31 | 6:34 | 6:37 | 6:41 | 6:43 | 6:46 |
| 6:45 | 337 | 6:13 | 6:16 | 6:20 | 6:23 | 6:26 | 6:30 | 6:33 | 6:36 | 6:39 | 6:42 | 6:46 | 6:49 | 6:52 |
| 6:50 | 325 | 6:17 | 6:21 | 6:24 | 6:28 | 6:31 | 6:35 | 6:38 | 6:41 | 6:44 | 6:47 | 6:51 | 6:54 | 6:57 |
| 6:55 | 313 | 6:22 | 6:25 | 6:29 | 6:32 | 6:36 | 6:39 | 6:43 | 6:46 | 6:49 | 6:52 | 6:56 | 6:59 | 7:02 |
| 7:00 | 302 | 6:26 | 6:30 | 6:34 | 6:37 | 6:41 | 6:44 | 6:48 | 6:51 | 6:54 | 6:57 | 7:01 | 7:04 | 7:07 |
| 7:05 | 292 | 6:31 | 6:35 | 6:38 | 6:42 | 6:45 | 6:49 | 6:52 | 6:56 | 6:59 | 7:02 | 7:06 | 7:09 | 7:12 |
| 7:10 | 282 | 6:36 | 6:39 | 6:43 | 6:47 | 6:50 | 6:54 | 6:57 | 7:01 | 7:04 | 7:07 | 7:11 | 7:14 | 7:17 |
| 7:15 | 272 | 6:40 | 6:44 | 6:48 | 6:51 | 6:55 | 6:59 | 7:02 | 7:06 | 7:09 | 7:12 | 7:16 | 7:19 | 7:22 |
| 7:20 | 263 | 6:45 | 6:49 | 6:52 | 6:56 | 7:00 | 7:03 | 7:07 | 7:10 | 7:14 | 7:17 | 7:21 | 7:24 | 7:27 |
| 7:25 | 254 | 6:49 | 6:53 | 6:57 | 7:01 | 7:05 | 7:08 | 7:12 | 7:15 | 7:19 | 7:22 | 7:26 | 7:29 | 7:32 |
| 7:30 | 246 | 6:54 | 6:58 | 7:02 | 7:06 | 7:09 | 7:13 | 7:17 | 7:20 | 7:24 | 7:27 | 7:31 | 7:34 | 7:37 |
| 7:35 | 238 | 6:59 | 7:03 | 7:06 | 7:10 | 7:14 | 7:18 | 7:22 | 7:25 | 7:29 | 7:32 | 7:36 | 7:39 | 7:42 |
| 7:40 | 230 | 7:03 | 7:07 | 7:11 | 7:15 | 7:19 | 7:23 | 7:26 | 7:30 | 7:34 | 7:37 | 7:41 | 7:44 | 7:47 |
| 7:45 | 223 | 7:08 | 7:12 | 7:16 | 7:20 | 7:24 | 7:27 | 7:31 | 7:35 | 7:39 | 7:42 | 7:46 | 7:49 | 7:52 |
| 7:50 | 216 | 7:12 | 7:16 | 7:21 | 7:25 | 7:28 | 7:32 | 7:36 | 7:40 | 7:43 | 7:47 | 7:51 | 7:54 | 7:58 |
| 7:55 | 209 | 7:17 | 7:21 | 7:25 | 7:29 | 7:33 | 7:37 | 7:41 | 7:45 | 7:48 | 7:52 | 7:56 | 7:59 | 8:03 |
| 8:00 | 203 | 7:22 | 7:26 | 7:30 | 7:34 | 7:38 | 7:42 | 7:46 | 7:50 | 7:53 | 7:57 | 8:01 | 8:04 | 8:08 |

Eight

| 8+ | Body mass (kg)=> | 50 | 55 | 60 | 65 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 |
|------------|------------------|-------------------------------|------|------|------|------|------|------|------|------|------|------|------|------|
| Ergo Score | Power (W) | Time 2000m on water (min:sec) | | | | | | | | | | | | |
| 5:40 | 570 | 4:59 | 5:02 | 5:04 | 5:07 | 5:10 | 5:13 | 5:15 | 5:18 | 5:20 | 5:23 | 5:25 | 5:28 | 5:30 |
| 5:45 | 545 | 5:03 | 5:06 | 5:09 | 5:12 | 5:14 | 5:17 | 5:20 | 5:22 | 5:25 | 5:27 | 5:30 | 5:32 | 5:35 |
| 5:50 | 522 | 5:08 | 5:10 | 5:13 | 5:16 | 5:19 | 5:22 | 5:24 | 5:27 | 5:30 | 5:32 | 5:35 | 5:37 | 5:40 |
| 5:55 | 501 | 5:12 | 5:15 | 5:18 | 5:21 | 5:24 | 5:26 | 5:29 | 5:32 | 5:34 | 5:37 | 5:40 | 5:42 | 5:45 |
| 6:00 | 480 | 5:16 | 5:19 | 5:22 | 5:25 | 5:28 | 5:31 | 5:34 | 5:36 | 5:39 | 5:42 | 5:44 | 5:47 | 5:49 |
| 6:05 | 461 | 5:21 | 5:24 | 5:27 | 5:30 | 5:33 | 5:36 | 5:38 | 5:41 | 5:44 | 5:46 | 5:49 | 5:52 | 5:54 |
| 6:10 | 442 | 5:25 | 5:28 | 5:31 | 5:34 | 5:37 | 5:40 | 5:43 | 5:46 | 5:49 | 5:51 | 5:54 | 5:57 | 5:59 |
| 6:15 | 425 | 5:30 | 5:33 | 5:36 | 5:39 | 5:42 | 5:45 | 5:48 | 5:50 | 5:53 | 5:56 | 5:59 | 6:01 | 6:04 |
| 6:20 | 408 | 5:34 | 5:37 | 5:40 | 5:43 | 5:46 | 5:49 | 5:52 | 5:55 | 5:58 | 6:01 | 6:03 | 6:06 | 6:09 |
| 6:25 | 393 | 5:38 | 5:42 | 5:45 | 5:48 | 5:51 | 5:54 | 5:57 | 6:00 | 6:03 | 6:05 | 6:08 | 6:11 | 6:14 |
| 6:30 | 378 | 5:43 | 5:46 | 5:49 | 5:52 | 5:55 | 5:58 | 6:01 | 6:04 | 6:07 | 6:10 | 6:13 | 6:16 | 6:19 |
| 6:35 | 363 | 5:47 | 5:50 | 5:54 | 5:57 | 6:00 | 6:03 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:21 | 6:23 |
| 6:40 | 350 | 5:51 | 5:55 | 5:58 | 6:01 | 6:05 | 6:08 | 6:11 | 6:14 | 6:17 | 6:20 | 6:23 | 6:25 | 6:28 |
| 6:45 | 337 | 5:56 | 5:59 | 6:03 | 6:06 | 6:09 | 6:12 | 6:15 | 6:18 | 6:21 | 6:24 | 6:27 | 6:30 | 6:33 |
| 6:50 | 325 | 6:00 | 6:04 | 6:07 | 6:10 | 6:14 | 6:17 | 6:20 | 6:23 | 6:26 | 6:29 | 6:32 | 6:35 | 6:38 |
| 6:55 | 313 | 6:05 | 6:08 | 6:12 | 6:15 | 6:18 | 6:21 | 6:25 | 6:28 | 6:31 | 6:34 | 6:37 | 6:40 | 6:43 |
| 7:00 | 302 | 6:09 | 6:13 | 6:16 | 6:19 | 6:23 | 6:26 | 6:29 | 6:32 | 6:36 | 6:39 | 6:42 | 6:45 | 6:48 |
| 7:05 | 292 | 6:13 | 6:17 | 6:21 | 6:24 | 6:27 | 6:31 | 6:34 | 6:37 | 6:40 | 6:43 | 6:46 | 6:50 | 6:52 |
| 7:10 | 282 | 6:18 | 6:21 | 6:25 | 6:28 | 6:32 | 6:35 | 6:39 | 6:42 | 6:45 | 6:48 | 6:51 | 6:54 | 6:57 |
| 7:15 | 272 | 6:22 | 6:26 | 6:29 | 6:33 | 6:36 | 6:40 | 6:43 | 6:46 | 6:50 | 6:53 | 6:56 | 6:59 | 7:02 |
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| 7:25 | 254 | 6:31 | 6:35 | 6:38 | 6:42 | 6:46 | 6:49 | 6:52 | 6:56 | 6:59 | 7:02 | 7:06 | 7:09 | 7:12 |
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