

Rowing Australia PARA Benchmarks

		Male PR1					Male PR2					Male PR3				
		Emerging	Developing	Podium Potential	Podium Ready	Podium Standard	Emerging	Developing	Podium Potential	Podium Ready	Podium Standard	Emerging	Developing	Podium Potential	Podium Ready	Podium Standard
Ergometer Targets (mm:ss.s, watts)	Drag Factor	As agreed between Athlete and PARA Head Coach					As agreed between Athlete and PARA Head Coach					As agreed between Athlete and PARA Head Coach				
	2000m (mm:ss.s) Crew Average	08:02.8	07:51.9	07:46.7	07:26.8	07:13.0	07:44.4	07:33.9	07:28.9	07:09.8	06:56.5	06:52.6	06:43.4	06:38.9	06:21.9	06:10.1
	2000m (W) Crew Average	199	213	220	251	276	224	239	248	282	310	319	341	353	402	442
	5000m (mm:ss.s) Crew Average	21:36.3	21:05.1	20:50.0	19:39.8	18:49.0	20:46.9	20:16.9	20:02.4	18:54.8	18:06.0	18:28.0	18:01.3	17:48.5	16:48.4	16:05.1
	5000m (W) Crew Average	161	173	179	213	243	181	194	201	239	273	257	277	287	341	389
		Female PR1					Female PR2					Female PR3				
		Emerging	Developing	Podium Potential	Podium Ready	Podium Standard	Emerging	Developing	Podium Potential	Podium Ready	Podium Standard	Emerging	Developing	Podium Potential	Podium Ready	Podium Standard
	Drag Factor	As agreed between Athlete and PARA Head Coach					As agreed between Athlete and PARA Head Coach					As agreed between Athlete and PARA Head Coach				
	2000m (mm:ss.s) Crew Average	09:27.8	09:15.1	09:08.9	08:45.5	08:29.3	08:53.3	08:41.3	08:35.6	08:13.6	07:58.4	07:51.3	07:40.7	07:35.6	07:16.2	07:02.7
	2000m (W) Crew Average	122	131	135	154	170	148	158	163	186	205	214	229	237	270	297
	5000m (mm:ss.s) Crew Average	25:24.7	24:48.0	24:30.2	23:07.6	22:08.0	23:52.1	23:17.6	23:01.0	21:43.4	20:47.3	21:05.4	20:34.9	20:20.2	19:11.7	18:22.2
	5000m (W) Crew Average	99	106	110	131	149	119	128	133	158	180	173	186	193	229	261