



Rowing Australia Benchmarks

Rowing Australia is proud to welcome Hancock Prospecting and the Georgina Hope Foundation as the Principal Partners of Rowing Australia and the Australian Rowing Team until 2020.

Drag Factor	Mandatory	130				125				110				100			
		Heavyweight Men		Lightweight Men		Heavyweight Women		Lightweight Women		Heavyweight Women		Lightweight Women		Heavyweight Women		Lightweight Women	
		Junior	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A	Under 21	Under 23	Senior A
2000m (mm:ss.s)	Aspirational	06:08.0	06:00.0	05:58.0	05:48.0	06:25.0	06:20.0	06:10.0	06:40.0	07:05.0	07:00.0	06:55.0	06:40.0	07:25.0	07:20.0	07:05.0	
	Lower Expectation	06:20.0	06:10.0	06:05.0	05:55.0	06:35.0	06:30.0	06:20.0	06:55.0	07:15.0	07:10.0	07:05.0	06:55.0	07:35.0	07:30.0	07:15.0	
2000m (W)	Aspirational	449	480	488	532	393	408	442	408	292	302	313	350	254	263	292	
	Lower Expectation	408	442	461	501	363	378	408	408	272	282	292	313	238	246	272	
5000m (mm:ss.s)	Aspirational	16:24.0	16:13.0	15:57.0	15:30.0	17:20.5	17:07.0	16:25.0	17:41.0	18:40.0	18:25.3	18:12.0	17:41.0	19:31.1	19:18.0	18:40.0	
	Lower Expectation	16:56.0	16:40.0	16:15.7	15:48.7	17:47.6	17:34.1	16:51.6	18:20.8	19:06.3	18:51.6	18:38.3	18:20.8	19:57.4	19:44.3	19:06.4	
5000m (W)	Aspirational	367	380	399	435	311	323	366	293	249	259	269	293	218	225	249	
	Lower Expectation	334	350	377	410	288	299	338	262	232	242	250	262	204	211	232	
6000m (mm:ss.s) for US based rowers only	Aspirational	19:52.7	19:39.4	19:20.0	18:47.3	21:01.3	20:44.9	19:53.9	21:26.1	22:37.5	22:19.7	22:03.6	21:26.1	23:39.5	23:23.7	22:37.6	
	Lower Expectation	20:31.6	20:12.1	19:42.7	19:09.9	21:34.0	21:17.6	20:26.2	22:14.3	23:09.5	22:51.6	22:35.5	22:14.3	24:11.4	23:55.6	23:09.5	
6000m (W) for US based rowers only	Aspirational	356	369	387	422	301	313	355	284	242	252	261	284	211	219	242	
	Lower Expectation	324	340	366	398	279	290	328	255	225	234	243	255	198	204	225	
30 min Ropen (m)	Aspirational	8950	9140	9300	9525	8550	8680	9045	8400	7950	8050	8150	8400	7595	7767	7950	
	Lower Expectation	8667	8893	9122	9337	8334	8457	8807	8096	7767	7863	7958	8096	7428	7595	7767	
30 min Ropen (W)	Aspirational	344	367	386	415	300	314	355	285	241	250	260	285	210	225	241	
	Lower Expectation	313	338	364	391	278	290	328	255	225	233	242	255	197	210	225	
30 min R20 (m)	Aspirational	8500	8700	8900	9200	8200	8400	8550	8200	7800	8000	8100	8200	7400	7600	7800	
	Lower Expectation																
30 min R20 (W)	Aspirational	295	316	338	374	265	285	300	265	228	246	255	265	195	211	228	
	Lower Expectation																

Ergometer Targets (mm:ss.s, watts)