

TARGET 2K ERG TIMES

Open Weight Men (above 150 lbs.)



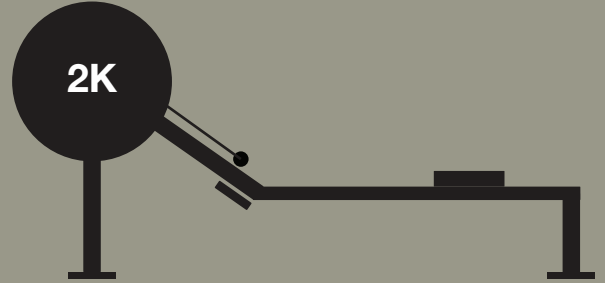
A male rower who weighs about 175 lbs. should pull about a 7:00 minute 2K time.



175 lbs.



= 7.0 Min.



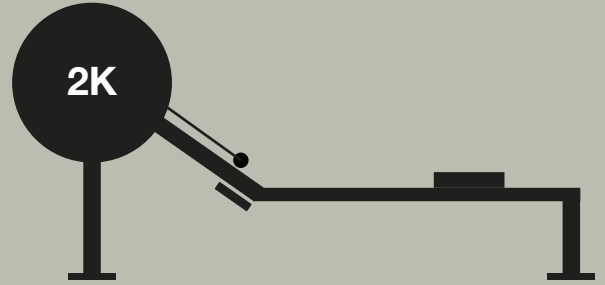
A male rower who weighs more than 175 lbs. should pull under a 7:00 minute 2K time.



>175 lbs.



< 7:00 Min.



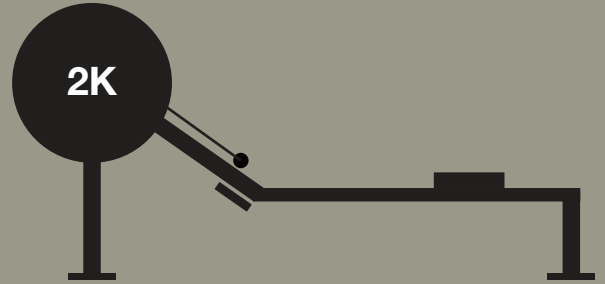
A male rower who weighs 150-175 lbs. should pull between a 7:05-7:15 2K time.



150-175 lbs.



= 7:05-7:15 Min.



Light Weight (LWT) Men (under 150 lbs.)



A male rower who weighs <150 lbs. should pull between a 7:20-7:30 2K time.



<150 lbs.



= 7:20-7:30 Min.

