

MRC ERG GOALS																			
	20 Min*						2k*						1k						
	Women "A"	Women "B"	Women's Records	Men "A"	Men "B"	Men's Records	Women "A"	Women "B"	Women's Records	Men "A"	Men "B"	Men's Records	Women "A"	Women "B"	Women's Records	Men "A"	Men "B"	Men's Records	
U23	5100	4850		5750	5400		7:35	7:50	6:57	6:40	6:54	6:21	3:36	3:47		3:13	3:21		
U23 Lwt	4925	4750		5500	5250		7:58	8:10	7:48	6:56	7:07		3:44	3:54		3:22	3:29		
23-29	5050	4790	5051	5650	5300		7:40	7:58	7:24	6:47	7:03	6:51	3:38	3:49		3:17	3:27	3:15	
23-29 Lwt	4860	4640	4698	5450	5200		8:10	8:22	8:05	7:00	7:15		3:48	3:58	3:52	3:23	3:32		
30-39	4800	4705	4914	5500	5225	5551	7:52	8:11	7:28	6:52	7:07	6:56	3:42	3:51		3:21	3:31		
30-39 Lwt	4700	4600	4813	5300	5060	5304	8:08	8:28	8:14	7:08	7:22		3:49	3:59	4:01	3:28	3:37		
40-49	4725	4510	4970	5380	5100	5497	8:10	8:21	7:23	6:56	7:13	7:10	3:56	4:03		3:25	3:36	3:21	
40-49 Lwt	4605	4450	4603	5220	5000		8:20	8:38	7:56	7:13	7:29		3:55	4:04	3:50	3:31	3:41		
50-59	4625	4400	4748	5250	4900	5650	8:18	8:38	7:39	7:11	7:25	7:20	4:01	4:12		3:29	3:39		
50-59 Lwt	4560	4380	4576	5125	4810	5153	8:33	8:44	8:21	7:22	7:02		4:04	4:14	4:05	3:35	3:44		
60-64	4500	4300	4649	5050	4690	5215	8:39	8:55	8:20	7:28	7:40		4:04	4:17	4:04	3:37	3:48		
65-69	4500	4300	4649	5050	4690	5215	8:44	8:59		7:37	7:47	7:55	4:07	4:21		3:40	3:51		
70-74	4500	4300	4649	5050	4690	5215	8:50	9:09	8:20	7:40	7:55		4:12	4:26		3:44	3:57		
75-79	4325	4150		4900	4570		9:00	9:18		7:54	8:02		4:20	4:32		3:57	4:08		

The higher the 20' number, the better
See sheet below for 20' splits

*The lower the 2K's and 1K's are, the better