

500 METER ROW TIME CHART

Gender	Female		Male		%
	Minute(s)	Seconds	Minute(s)	Seconds	
100%	1	37	1	18	100%
99%	1	38	1	19	99%
98%	1	39	1	20	98%
97%	1	40	1	21	97%
96%	1	41	1	22	96%
95%	1	42	1	23	95%
94%	1	43	1	24	94%
93%	1	44	1	25	93%
92%	1	45	1	26	92%
91%	1	46	1	27	91%
90%	1	47	1	28	90%
89%	1	48	1	29	89%
88%	1	49	1	30	88%
87%	1	50	1	31	87%
86%	1	51	1	32	86%
85%	1	52	1	33	85%
84%	1	53	1	34	84%
83%	1	54	1	35	83%
82%	1	55	1	36	82%
81%	1	56	1	37	81%
80%	1	57	1	38	80%
79%	1	58	1	39	79%
78%	1	59	1	40	78%
77%	2	0	1	41	77%
76%	2	1	1	42	76%
75%	2	2	1	43	75%
74%	2	3	1	44	74%
73%	2	4	1	45	73%
72%	2	5	1	46	72%
71%	2	6	1	47	71%
70%	2	7	1	48	70%
69%	2	8	1	49	69%
68%	2	9	1	50	68%
67%	2	10	1	51	67%
66%	2	11	1	52	66%
65%	2	12	1	53	65%
64%	2	13	1	54	64%
63%	2	14	1	55	63%
62%	2	15	1	56	62%
61%	2	16	1	57	61%
60%	2	17	1	58	60%
59%	2	18	1	59	59%
58%	2	19	2	0	58%

57%	2	20	2	1	57%
56%	2	21	2	2	56%
55%	2	22	2	3	55%
54%	2	23	2	4	54%
53%	2	24	2	5	53%
52%	2	25	2	6	52%
51%	2	26	2	7	51%
50%	2	27	2	8	50%
49%	2	28	2	9	49%
48%	2	29	2	10	48%
47%	2	30	2	11	47%
46%	2	31	2	12	46%
45%	2	32	2	13	45%
44%	2	33	2	14	44%
43%	2	34	2	15	43%
42%	2	35	2	16	42%
41%	2	36	2	17	41%
40%	2	37	2	18	40%
39%	2	38	2	19	39%
38%	2	39	2	20	38%
37%	2	40	2	21	37%
36%	2	41	2	22	36%
35%	2	42	2	23	35%
34%	2	43	2	24	34%
33%	2	44	2	25	33%
32%	2	45	2	26	32%
31%	2	46	2	27	31%
30%	2	47	2	28	30%
29%	2	48	2	29	29%
28%	2	49	2	30	28%
27%	2	50	2	31	27%
26%	2	51	2	32	26%
25%	2	52	2	33	25%
24%	2	53	2	34	24%
23%	2	54	2	35	23%
22%	2	55	2	36	22%
21%	2	56	2	37	21%
20%	2	57	2	38	20%
19%	2	58	2	39	19%
18%	2	59	2	40	18%
17%	3	0	2	41	17%
16%	3	1	2	42	16%
15%	3	2	2	43	15%
14%	3	3	2	44	14%
13%	3	4	2	45	13%
12%	3	5	2	46	12%
11%	3	6	2	47	11%

10%	3	7	2	48	10%
9%	3	8	2	49	9%
8%	3	9	2	50	8%
7%	3	10	2	51	7%
6%	3	11	2	52	6%
5%	3	12	2	53	5%
4%	3	13	2	54	4%
3%	3	14	2	55	3%
2%	3	15	2	56	2%
1%	3	16	2	57	1%
0%	3	17	2	58	0%