

## 500 METER ROW TIME CHART

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

51%	2	44	2	19	51%
50%	2	45	2	20	50%
49%	2	46	2	21	49%
48%	2	47	2	22	48%
47%	2	48	2	23	47%
46%	2	49	2	24	46%
45%	2	50	2	25	45%
44%	2	51	2	26	44%
43%	2	52	2	27	43%
42%	2	53	2	28	42%
41%	2	54	2	29	41%
40%	2	55	2	30	40%
39%	2	56	2	31	39%
38%	2	57	2	32	38%
37%	2	58	2	33	37%
36%	2	59	2	34	36%
35%	3	0	2	35	35%
34%	3	1	2	36	34%
33%	3	2	2	37	33%
32%	3	3	2	38	32%
31%	3	4	2	39	31%
30%	3	5	2	40	30%
29%	3	6	2	41	29%
28%	3	7	2	42	28%
27%	3	8	2	43	27%
26%	3	9	2	44	26%
25%	3	10	2	45	25%
24%	3	11	2	46	24%
23%	3	12	2	47	23%
22%	3	13	2	48	22%
21%	3	14	2	49	21%
20%	3	15	2	50	20%
19%	3	16	2	51	19%
18%	3	17	2	52	18%
17%	3	18	2	53	17%
16%	3	19	2	54	16%
15%	3	20	2	55	15%
14%	3	21	2	56	14%
13%	3	22	2	57	13%
12%	3	23	2	58	12%
11%	3	24	2	59	11%
10%	3	25	2	60	10%
9%	3	26	3	1	9%
8%	3	27	3	2	8%
7%	3	28	3	3	7%
6%	3	29	3	4	6%
5%	3	30	3	5	5%
4%	3	31	3	6	4%
3%	3	32	3	7	3%
2%	3	33	3	8	2%
1%	3	34	3	9	1%
0%	3	35	3	10	0%