

Worldwide 1000 m Row Erg Percentiles

Age Range	Female				Male					
30-39	90th	75th	50th	25th	90th	75th	50th	25th		
	Result	3:45.4	4:00.7	4:21.3	4:49.5	Result	3:09.1	3:21.9	3:36.9	3:54.5
	Pace	1:52.7	2:00.3	2:10.6	2:24.7	Pace	1:34.5	1:40.9	1:48.4	1:57.2
40-49	90th	75th	50th	25th	90th	75th	50th	25th		
	Result	3:47.8	4:01.9	4:26.7	4:54.2	Result	3:15.5	3:25.6	3:39.7	3:57.3
	Pace	1:53.9	2:00.9	2:13.3	2:27.1	Pace	1:37.7	1:42.8	1:49.8	1:58.6
50-59	90th	75th	50th	25th	90th	75th	50th	25th		
	Result	3:55.7	4:09.4	4:34.8	5:05.9	Result	3:22.3	3:32.5	3:47.1	4:04.4
	Pace	1:57.8	2:04.7	2:17.4	2:32.9	Pace	1:41.1	1:46.2	1:53.5	2:02.2
60-69	90th	75th	50th	25th	90th	75th	50th	25th		
	Result	4:07.9	4:25.0	4:54.8	5:23.9	Result	3:30.8	3:41.9	3:56.8	4:18.6
	Pace	2:03.9	2:12.5	2:27.4	2:41.9	Pace	1:45.4	1:50.9	1:58.4	2:09.3