

**ROWING AUSTRALIA**  
**2018 Handicap and Age Grade Revision**

**1,000m Prognostic Speeds for Masters by Boat and Gender - m/sec**

**MEN**

	Relative Speed	A	B	C	D	E	F	G	H	I	J	K	L	M
<b>M8+</b>	<b>100.0%</b>	5.750	5.712	5.621	5.511	5.397	5.258	5.087	4.872	4.598	4.325	4.082	3.800	3.473
<b>M4x</b>	<b>97.0%</b>	5.578	5.541	5.453	5.346	5.235	5.100	4.934	4.725	4.460	4.196	3.960	3.686	3.369
<b>M4x+ Inferred</b>	<b>93.3%</b>	5.363	5.328	5.244	5.141	5.034	4.905	4.745	4.544	4.289	4.035	3.808	3.545	3.240
<b>M4-</b>	<b>94.0%</b>	5.405	5.369	5.284	5.181	5.073	4.943	4.781	4.579	4.322	4.066	3.837	3.572	3.265
<b>M4+</b>	<b>90.5%</b>	5.204	5.169	5.087	4.988	4.884	4.759	4.603	4.409	4.161	3.915	3.694	3.439	3.143
<b>M2x</b>	<b>90.5%</b>	5.204	5.169	5.087	4.988	4.884	4.759	4.603	4.409	4.161	3.915	3.694	3.439	3.143
<b>M2-</b>	<b>85.5%</b>	4.916	4.884	4.806	4.712	4.615	4.496	4.349	4.165	3.932	3.698	3.490	3.249	2.970
<b>M1x</b>	<b>84.0%</b>	4.830	4.798	4.722	4.630	4.534	4.417	4.273	4.092	3.863	3.633	3.429	3.192	2.918

**WOMEN**

	Relative Speed	A	B	C	D	E	F	G	H	I	J	K	L	M
<b>W8+</b>	<b>100.0%</b>	5.100	5.066	4.988	4.894	4.795	4.670	4.508	4.294	4.007	3.709	3.437	3.115	2.736
<b>W4x-</b>	<b>97.0%</b>	4.947	4.914	4.838	4.748	4.651	4.530	4.373	4.165	3.886	3.598	3.334	3.021	2.654
<b>W4x+ Inferred</b>	<b>93.3%</b>	4.757	4.726	4.653	4.565	4.473	4.356	4.205	4.005	3.737	3.460	3.206	2.906	2.552
<b>W4-</b>	<b>94.0%</b>	4.794	4.762	4.689	4.601	4.508	4.390	4.238	4.036	3.766	3.486	3.230	2.928	2.572
<b>W4+</b>	<b>90.5%</b>	4.616	4.585	4.514	4.429	4.340	4.227	4.080	3.886	3.626	3.357	3.110	2.819	2.476
<b>W2x</b>	<b>90.5%</b>	4.616	4.585	4.514	4.429	4.340	4.227	4.080	3.886	3.626	3.357	3.110	2.819	2.476
<b>W2-</b>	<b>85.5%</b>	4.361	4.332	4.265	4.185	4.100	3.993	3.854	3.671	3.426	3.171	2.938	2.663	2.340
<b>W1x</b>	<b>84.0%</b>	4.284	4.256	4.190	4.111	4.028	3.923	3.787	3.607	3.366	3.116	2.887	2.617	2.299

**MIXED**

	Relative Speed	A	B	C	D	E	F	G	H	I	J	K	L	M
<b>Mix8+</b>	<b>100.0%</b>	5.425	5.389	5.305	5.203	5.096	4.964	4.797	4.583	4.302	4.017	3.759	3.457	3.105
<b>Mix4x-</b>	<b>97.0%</b>	5.262	5.227	5.146	5.047	4.943	4.815	4.653	4.445	4.173	3.897	3.647	3.354	3.012
<b>Mix4x+ Inferred</b>	<b>93.3%</b>	5.060	5.027	4.948	4.853	4.754	4.630	4.475	4.275	4.013	3.747	3.507	3.225	2.896
<b>Mix4-</b>	<b>94.0%</b>	5.100	5.066	4.986	4.891	4.790	4.666	4.510	4.308	4.044	3.776	3.534	3.250	2.919
<b>Mix4+</b>	<b>90.5%</b>	4.910	4.877	4.801	4.709	4.612	4.493	4.342	4.147	3.894	3.636	3.402	3.129	2.810
<b>Mix2x</b>	<b>90.5%</b>	4.910	4.877	4.801	4.709	4.612	4.493	4.342	4.147	3.894	3.636	3.402	3.129	2.810