

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% |

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