

### INAS Indoor Rowing World Records

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Country</b>	<b>Date</b>
Women 500m	01:43.60	Sara Pinho	POR	19/11/2009
Women 1000m	03:45.03	Sara Pinho	POR	27/11/2009
Men 500m	01:29.2	Tsoi Ka Ming	HKG	14/05/2015
Men 1000m	03:13.0	Toth Balazs	HUN	14/05/2015
4x500m Mixed Relay	07:01.04	Ratsoma, Mabizela, Mhlongo, Makhonco	RSA	27/11/2010
4x1000m Mixed Relay	15:08.80	Garrote, Pires, Pinho, Lisboa	POR	01/10/2011

As at 21 March 2016