



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

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May 2010 - The E.R.G Team: 500,400,300,200,100

This challenge was chosen by the E.R.G. Team.

It's 500m, 400m, 300m, 200m, 100m with 90 seconds interval rest between each rep.

PM3/PM4 users should program this as 5 Variable Intervals and the monitor will give you the total time for the 1500m.

PM2 users will need a pencil and paper, a stopwatch to time the intervals and some deft fingers to program each repetition as a new session. Getting someone to help may be the best option (as you sweat, breath heavily and struggle to recover).

Please enter the total time for 1500m, don't include the six minutes of rest.

Most Recent Entries

Add/Update an Entry

Date	Name	Cat	Team	Result
2010-06-01	stupefaction	MHWT	Team Oarsome	4:55.9
2010-06-01	Paul Allday	MHWT	Independent	4:18.9
2010-06-01	Fiona Graham	FHWT	Team Oarsome	5:49.9
2010-06-01	Susan Young	FHWT	Sub 7	5:56.5
2010-05-31	Horst Bross	MHWT	Million Meter Vikings	4:41.5

Bold = new time; *italic* = updated time

Current Leaderboard

Names in blue italics have added or updated their times within the past 24 hours.

#	Name	Cat	Team	Result	Pace	Power		
1	Graham Benton	M	MAD I	4:05.6	1:21.9	637.9	1	Team Oarsome I 4:25.7
2	Danny Graham	M	Team Oarsome I	4:07.2	1:22.4	625.6		Danny Graham (H) Stuart Bizzarri (L)
3	Al Taylor	M	Team Oarsome I	4:09.3	1:23.1	609.9		Al Taylor (H) Emma O'Hara (F)
4	Rob Smith	M	MAD I	4:11.3	1:23.8	595.5	42 pts	Jon Bone (H)
5	Jon Bone	M	Team Oarsome I	4:15.2	1:25.1	568.6	2	MAD I 4:32.0
6	Paul Allday	M	Independent I	4:18.9	1:26.3	544.5		Graham Benton (H) Mark Mitchell (L)
7	Simon Gough	M	Team Oarsome II	4:19.0	1:26.3	543.9	41 pts	Rob Smith (H) siobhan w (F)
8	Michel Pelletier	M	RowPro Rowers I	4:19.2	1:26.4	542.7		Pete Marston (H)
9	Jon Backman	M	Forum Flyers I	4:19.2	1:26.4	542.7	3	Sub 7 I 4:34.5
10	hjs	M	Forum Flyers I	4:20.4	1:26.8	535.2		Dave Crawford (H) Martin Pennel (L)
11	Liefcat	M	Free Spirits I	4:20.7	1:26.9	533.3	40 pts	Warren Matthews (H) Jo Andrews (F)
12	Graham Lay	M	Forum Flyers I	4:21.1	1:27.0	530.9		Giles Clarke (H)
13	Pete Marston	M	MAD I	4:21.5	1:27.2	528.5	4	Forum Flyers I 4:35.2
14	Nik Fleming	M	MAD II	4:21.6	1:27.2	527.9		Jon Backman (H) Will Haskell (L)
15	Bjorn_Stensheim	M	RowPro Rowers I	4:21.8	1:27.3	526.7	39 pts	hjs (H) Taru Calonius (F)
16	Emanuele Di Raffaele	M	E.R.G. I	4:22.0	1:27.3	525.4	5	Free Spirits I 4:39.7
17	gianmaria grassi	M	E.R.G. I	4:22.1	1:27.4	524.8		Lee_Winslow (H) Odd G. Aarrestad (L)
18	Phil Craze	M	Team AEGON I	4:22.2	1:27.4	524.2	38 pts	Jane Daffern (F)
19	Stewart Wyllie	M	RowPro Rowers I	4:22.2	1:27.4	524.2	6	RowPro Rowers I 4:40.0
20	Dave Crawford	M	Sub 7 I	4:23.1	1:27.7	518.9		Lee_Winslow (H) Gary Daugherty (L)
21	Rich Blagrove	M	MAD II	4:23.6	1:27.9	515.9	37 pts	Gabi Krause (F)
22	Dave Chmilowskyj	M	Team Oarsome II	4:24.6	1:28.2	510.1	7	E.R.G. I 4:40.8
23	Warren Matthews	M	Sub 7 I	4:24.8	1:28.3	509.0		Emanuele Di Raffaele (H) Andrea Carbone (L)
24	Giles Clarke	M	Sub 7 I	4:26.1	1:28.7	501.5	36 pts	gianmaria grassi (H) Maria Teresa Bizzarri (F)
25	bakudaina1	M	Sub 7 II	4:27.0	1:29.0	496.5	8	Sub 7 II 4:41.3
26	Gary Dakin	M	Free Spirits I	4:27.7	1:29.2	492.6		bakudaina1 (H) Steve Berridge (L)
27	GrahamP	M	MAD II	4:28.0	1:29.3	490.9	35 pts	Gary Curtis (H) Sallyann Fisher (F)
28	Mark Mitchell	m	MAD I	4:28.3	1:29.4	489.3		Richard Cheeseman (H)
29	W de Jong	M	Forum Flyers II	4:28.6	1:29.5	487.7	9	MAD II 4:41.5
30	Lee_Winslow	M	Free Spirits I	4:29.4	1:29.8	483.3		Nik Fleming (H) Kieran Cahill (L)
31	Paul Clucas_	M	Team AEGON I	4:30.1	1:30.0	479.6	34 pts	Rich Blagrove (H) Jemma C (F)
32	Gary Curtis	M	Sub 7 II	4:30.3	1:30.1	478.5		GrahamP (H)
33	Grunt	M	Taff Attack Racing I	4:30.4	1:30.1	478.0	10	Team Oarsome II 4:41.6
34	Odd G. Aarrestad	m	Free Spirits I	4:30.4	1:30.1	478.0		Simon Gough (H) Gregory Cook II (L)
35	Matthew Leonard	M	Free Spirits II	4:30.6	1:30.2	476.9	33 pts	Dave Chmilowskyj (H) Arlene Wade (TO) (F)
36	Wiecher	M	Forum Flyers II	4:30.6	1:30.2	476.9		Graham Todd (H)
37	Mikkel Ellesøe Hansen	M	Free Spirits II	4:30.6	1:30.2	476.9	11	Forum Flyers II 4:45.1
38	Johan Eklund	M	Rote 87 RK I	4:30.8	1:30.3	475.9		W de Jong (H) roadrunner (L)
39	John O'Grady	M	MAD III	4:31.1	1:30.4	474.3	32 pts	Wiecher (H) Debbie Barber (F)
40	Hewitt	M	Free Spirits II	4:31.4	1:30.5	472.7		Frank Noorlander (H)
41	Frank Noorlander	M	Forum Flyers II	4:31.5	1:30.5	472.2	12	Taff Attack Racing I 4:47.7
42	Mark Keown	M	Age Without Limits I	4:31.9	1:30.6	470.1		Grunt (H) Brian Hussey (L)
43	Martin Pennel	m	Sub 7 I	4:32.4	1:30.8	467.5	31 pts	Phil Tilley (H) Helen Tilley (F)
44	Bruno La Placa	M	E.R.G. I	4:32.7	1:30.9	466.0		Shaw Goodwin (H)
45	Richard Cheeseman	m	Sub 7 II	4:34.0	1:31.3	459.4	13	Free Spirits II 4:49.3
46	Kieran Cahill	M	MAD II	4:34.0	1:31.3	459.4		Matthew Leonard (H) Simon J (L)
47	Stuart Bizzarri	m	Team Oarsome I	4:34.3	1:31.4	457.9	30 pts	Mikkel Ellesøe Hansen (H) Christine Wojcik (F)
48	Tommy Barembruch	M	Million Meter Vikings I	4:34.6	1:31.5	456.4		Hewitt (H)
49	Nigel Farmer	M	Forum Flyers III	4:34.7	1:31.6	455.9	14	Sub 7 III 4:51.2
50	Phil Tilley	M	Taff Attack Racing I	4:34.8	1:31.6	455.4		Ant Stansbie (H) Dougie Lawson (L)
51	Charl Marais	M	RowPro Rowers II	4:34.9	1:31.6	454.9	29 pts	Colin Bearpark (H) jenh (F)
52	Graham Todd	M	Team Oarsome II	4:35.1	1:31.7	453.9		Alan McGlaughlin (H)
53	Andreas Boegsted-Moeller	M	RowPro Rowers II	4:35.5	1:31.8	451.9	15	Forum Flyers III 4:52.9
54	Larry Tait	M	RowPro Rowers II	4:36.2	1:32.1	448.5		Nigel Farmer (H) John Ferdinando (L)
55	Huw Thomas	M	Free Spirits III	4:36.3	1:32.1	448.0	28 pts	Fred Dickie (H) Georgina Price (F)
56	Andre Anzald	M	E.R.G. II	4:36.4	1:32.1	447.5		andrewcrystal (H)
57	Steve Smith	M	Free Spirits III	4:36.4	1:32.1	447.5	16	Free Spirits III 4:53.8
58	Claudio Varamo	M	E.R.G. II	4:36.5	1:32.2	447.0		Huw Thomas (H) david dickinson (L)
59	Shaw Goodwin	M	Taff Attack Racing I	4:37.2	1:32.4	443.7	27 pts	Steve Smith (H) Michelle Houghton (F)
								Laurence Casey (H)

60	Ant Stansbie	M	Sub 7 III	4:37.4	1:32.5	442.7
61	Simon Handley	M	MAD III	4:37.8	1:32.6	440.8
62	Andrea Carbone	m	E.R.G. I	4:38.1	1:32.7	439.4
63	Jon Goodall	M	MAD III	4:38.3	1:32.8	438.4
64	Gregory Cook II	m	Team Oarsome II	4:38.7	1:32.9	436.5
65	Laurence Casey	M	Free Spirits III	4:39.1	1:33.0	434.7
66	Fred Dickie	M	Forum Flyers III	4:39.2	1:33.1	434.2
67	Peter Gill	M	The Banana Boat I	4:39.8	1:33.3	431.4
68	Matt2Wood	M	Taff Attack Racing II	4:39.8	1:33.3	431.4
69	DLCIanN	M	DLCBromsgrove I	4:39.9	1:33.3	430.9
70	Jonathan Doyle	m	Paddy Power I	4:40.1	1:33.4	430.0
71	andrewcrystal	M	Forum Flyers III	4:40.6	1:33.5	427.7
72	paul kosmas	M	Age Without Limits I	4:41.0	1:33.7	425.9
73	Colin Bearpark	M	Sub 7 III	4:41.1	1:33.7	425.5
74	Horst Bross	M	Million Meter Vikings I	4:41.5	1:33.8	423.6
75	KevP	M	MAD IV	4:41.7	1:33.9	422.7
76	Jonathan Ashmore	M	Free Spirits IV	4:42.1	1:34.0	420.9
77	gilhunter	M	Million Meter Vikings I	4:42.3	1:34.1	420.0
78	D Wiklander	M	Rote 87 RK I	4:42.6	1:34.2	418.7
79	Alessandro Giannini	M	E.R.G. II	4:43.0	1:34.3	416.9
80	Eckart Kahre	M	Million Meter Vikings I	4:43.5	1:34.5	414.7
81	paulvz	M	Forum Flyers IV	4:43.5	1:34.5	414.7
82	Stephen Clark	M	Forum Flyers IV	4:43.6	1:34.5	414.3
83	Chiacchio Marco	M	E.R.G. III	4:43.8	1:34.6	413.4
84	billwright	M	Free Spirits IV	4:44.9	1:35.0	408.7
85	Joe Lohman	M	Free Spirits IV	4:45.2	1:35.1	407.4
86	Alan McGlaughlin	M	Sub 7 III	4:45.3	1:35.1	406.9
87	J Nilsson	m	Rote 87 RK I	4:45.4	1:35.1	406.5
88	Jef 76k+	M	Sub 7 IV	4:45.6	1:35.2	405.7
89	George Weekes	M	Free Spirits V	4:45.6	1:35.2	405.7
90	matt nicholls	M	Free Spirits V	4:45.9	1:35.3	404.4
91	Dan Brind	M	Free Spirits V	4:46.2	1:35.4	403.1
92	Steve Ockerby	M	Forum Flyers IV	4:46.3	1:35.4	402.7
93	Conny J.	m	Rote 87 RK I	4:46.4	1:35.5	402.3
94	Kevin Owen	M	Taff Attack Racing II	4:47.2	1:35.7	398.9
95	Rod Chinn	M	Sub 7 IV	4:47.3	1:35.8	398.5
96	Colin Barnett	m	Team AEGON I	4:47.3	1:35.8	398.5
97	Kris Kuzniar	M	Forum Flyers V	4:47.3	1:35.8	398.5
98	Graham Moss	m	Independent I	4:47.5	1:35.8	397.7
99	Steve Berridge	m	Sub 7 II	4:47.6	1:35.9	397.3
100	Rowland Hills	M	Sub 7 IV	4:47.6	1:35.9	397.3
101	shane shaw	M	Forum Flyers V	4:47.9	1:36.0	396.0
102	Danilo Rovelli	M	E.R.G. III	4:48.4	1:36.1	394.0
103	Mark Bower	M	Empty the Tanks I	4:49.2	1:36.4	390.7
104	Luigi Manes	M	E.R.G. III	4:49.8	1:36.6	388.3
105	Will Haskell	m	Forum Flyers I	4:49.8	1:36.6	388.3
106	Matt Newman	m	Team Oarsome III	4:49.9	1:36.6	387.9
107	David Chambers	M	Age Without Limits I	4:50.0	1:36.7	387.5
108	Stivaletta Luigi	M	E.R.G. IV	4:50.2	1:36.7	386.7
109	Duncan Murray	M	Empty the Tanks I	4:50.3	1:36.8	386.3
110	Jean-Marc Hurni	M	Age Without Limits II	4:50.5	1:36.8	385.5
111	Mike Podolsky	M	Age Without Limits II	4:50.6	1:36.9	385.1
112	Funkyrower	M	The Banana Boat I	4:50.6	1:36.9	385.1
113	alan wisniewski	M	Free Spirits VI	4:51.0	1:37.0	383.5
114	Pantin Heavilee	m	MAD III	4:51.2	1:37.1	382.7
115	Brian Hussey	m	Taff Attack Racing I	4:51.4	1:37.1	381.9
116	W.Gerssen	M	Forum Flyers V	4:51.5	1:37.2	381.5
117	Nick Scott	M	Sub 7 V	4:51.7	1:37.2	380.7
118	Matt Brown	M	Sub 7 V	4:51.8	1:37.3	380.3
119	Little Chris	m	The Banana Boat I	4:52.1	1:37.4	379.2
120	roadrunner	m	Forum Flyers II	4:52.5	1:37.5	377.6
121	DLCRobertH	M	DLCBromsgrove I	4:53.0	1:37.7	375.7
122	Gary Campbell	M	Sub 7 V	4:53.4	1:37.8	374.2
123	Andy Brown_	m	Team AEGON I	4:53.4	1:37.8	374.2
124	GeorgeBingham	M	Sub 7 VI	4:53.7	1:37.9	373.0
125	Matthias Jackstaedt	M	Million Meter Vikings II	4:54.2	1:38.1	371.1
126	SimonJ	m	Free Spirits II	4:54.8	1:38.3	368.8
127	Andrew Waud	M	The Banana Boat I	4:55.4	1:38.5	366.6
128	Chippy	M	Taff Attack Racing II	4:55.4	1:38.5	366.6
129	Andrew Stanway	M	Free Spirits VI	4:55.8	1:38.6	365.1
130	stupefaction	M	Team Oarsome III	4:55.9	1:38.6	364.8
131	david dickinson	M	Free Spirits III	4:56.6	1:38.9	362.2
132	Paul Ashfield	M	RowPro Rowers III	4:56.7	1:38.9	361.8
133	Steve Blogg	M	Free Spirits VI	4:57.5	1:39.2	358.9
134	Murphy Pepper	m	Age Without Limits I	4:57.6	1:39.2	358.5
135	John Ferdinando	m	Forum Flyers III	4:58.3	1:39.4	356.0
136	Peter Tullett	m	Free Spirits IV	4:58.5	1:39.5	355.3
137	Greg Hausman	m	Independent I	4:58.7	1:39.6	354.6
138	Ian Dowgill	m	Independent I	4:58.9	1:39.6	353.9
139	Joe Vanischak	M	RowPro Rowers III	4:59.2	1:39.7	352.8
140	Oranj	M	Independent II	4:59.2	1:39.7	352.8
141	rjw	M	Forum Flyers VI	4:59.2	1:39.7	352.8
142	Paolo Toffoli	M	E.R.G. IV	4:59.8	1:39.9	350.7
143	Tim Greaves	M	Forum Flyers VI	5:00.0	1:40.0	350.0
144	Kim Caloniuz	M	Forum Flyers VI	5:00.3	1:40.1	349.0
145	Andrew Fielden	M	Forum Flyers VII	5:00.4	1:40.1	348.6
146	Andrew Hewitt	M	Empty the Tanks I	5:00.5	1:40.2	348.3
147	Florian Lamprecht	M	Million Meter Vikings II	5:00.7	1:40.2	347.6
148	Neil Polson	M	Free Spirits VII	5:01.0	1:40.3	346.5
149	David R. Herz	M	Age Without Limits II	5:01.3	1:40.4	345.5
150	John Neufeldt	M	RowPro Rowers III	5:01.5	1:40.5	344.8
151	Graham Hall	M	Team Oarsome III	5:02.0	1:40.7	343.1
152	Georg Kotters	M	Million Meter Vikings II	5:02.2	1:40.7	342.4
153	DBM	M	Scotland the Wave I	5:02.3	1:40.8	342.1

17	Age Without Limits I	4:54.8
26 pts	Mark Keown (H) paul kosmas (H) David Chambers (H)	Murphy Pepper (L) Carol Chambers (F)
18	E.R.G. II	4:55.0
25 pts	Andre Anzald (H) Claudio Varamo (H) Alessandro Giannini (H)	Adriano Durante (L) sabina lanzoni (F)
19	Independent I	4:57.1
24 pts	Paul Allday (H) Graham Moss (L) Greg Hausman (L)	Ian Dowgill (L) Jackie Hicks (F)
20	Forum Flyers IV	4:58.0
23 pts	paulvz (H) Stephen Clark (H) Steve Ockerby (H)	The Ref (L) Shirley (F)
21	Sub 7 IV	4:59.9
22 pts	Jef 76k+ (H) Rod Chinn (H) Rowland Hills (H)	David Howells (L) Carol Woodward (F)
22	The Banana Boat I	5:00.6
21 pts	Peter Gill (H) Funkyrower (H) Andrew Waud (H)	Little Chris (L) Mags Hind (F)
23	Free Spirits IV	5:03.3
20 pts	Jonathan Ashmore (H) billwright (H) Joe Lohman (H)	Peter Tullett (L) Alison Parker (F)
24	Forum Flyers V	5:05.0
19 pts	Kris Kuzniar (H) shane shaw (H) W.Gerssen (H)	Arno Caloniuz (L) Jenny R (F)
25	E.R.G. III	5:06.9
18 pts	Chiacchio Marco (H) Danilo Rovelli (H) Luigi Manes (H)	Matteo Locatelli (L) CRISTINA JANSEN (F)
26	Free Spirits V	5:08.3
17 pts	George Weekes (H) matt nicholls (H) Dan Brind (H)	David Plumb (L) RacheIR (F)
27	Sub 7 V	5:09.2
16 pts	Nick Scott (H) Matt Brown (H) Gary Campbell (H)	Birkyboy (L) Marjorie (F)
28	Team Oarsome III	5:14.2
15 pts	stupefaction (H) Matt Newman (L) Graham Hall (L)	Claire Cyprus TO (F) Kay Hughes (F)
29	Free Spirits VI	5:17.5
14 pts	alan wisniewski (H) Andrew Stanway (H) Steve Blogg (H)	Steve F. (L) Gillian Burrell (F)
30	DLCBromsgrove I	5:18.5
13 pts	DLCIanN (H) DLCRobertH (H) DLCTrice (L)	DLCAndyS (L) DLCStueT (F)
31	Sub 7 VI	5:19.1
12 pts	GeorgeBingham (H) GlennUK (H) Mike Wrenn (H)	Deborah Nyberg (L) Helen H (F)
32	Empty the Tanks I	5:20.0
11 pts	Mark Bower (H) Duncan Murray (H) Andrew Hewitt (H)	Kevin McLellan (L) Sarah Z (F)
33	E.R.G. IV	5:21.3
10 pts	Stivaletta Luigi (H) Paolo Toffoli (H) Giovanni Ciccu (H)	Bruno Ciucciarelli (L) Sabrina Meschieri (F)
34	Forum Flyers VI	5:21.7
9 pts	rjw (H) Tim Greaves (H) Kim Caloniuz (H)	Rick Bayko (L) Yazmina (F)
35	Free Spirits VII	5:23.1
8 pts	Neil Polson (H) robert grainger (H) David Gillibrand (H)	Iain (L) Jennifer Victory (F)
36	The Eh! Team I	5:28.9
7 pts	Walter Field (H) Mike Hagen (L) Kirk (L)	Eric Hagen (L) Anna Bonga (F)
37	Forum Flyers VII	5:30.5
6 pts	Andrew Fielden (H) Jon Hayns (H) Ashley Supinger (H)	Glenn Teddy (L) Sharon Yu (F)
38	Paddy Power I	5:31.0
5 pts	Guillaume Dauphin (H) Jonathan Doyle (L) Joe A Keating (L)	John J Keating (L) fie (F)
39	Age Without Limits II	5:40.1
4 pts	Jean-Marc Hurni (H) Mike Podolsky (H) David R. Herz (H)	mjpermuth (L) Cynthia Runia (F)
40	The Banana Boat II	5:40.4
3 pts	Little Ian (H) Mike Revell (H) Andy Craven (L)	Jack Mayor (L) Sam Baks (F)
41	Free Spirits VIII	5:57.0
2 pts	Tom Archer (H) Paul Grinham (H) Paul Victory (H)	Philip Price (L) Beryl Archer (F)
	Scotland the Wave I	6:07.9

154	Jon Hayns	M	Forum Flyers VII	5:02.6	1:40.9	341.1
155	Emma O'Hara	F	Team Oarsome I	5:02.8	1:40.9	340.4
156	SimonColeman	M	Empty the Tanks II	5:02.9	1:41.0	340.0
157	The Ref	m	Forum Flyers IV	5:03.1	1:41.0	339.4
158	GlennUK	M	Sub 7 VI	5:03.2	1:41.1	339.0
159	Bouke Dieleman	M	Team Rowbo I	5:03.2	1:41.1	339.0
160	Adriano Durante	m	E.R.G. II	5:03.5	1:41.2	338.0
161	Andy Craven	m	The Banana Boat II	5:03.8	1:41.3	337.0
162	robert grainger	M	Free Spirits VII	5:03.9	1:41.3	336.7
163	Dougie Lawson	m	Sub 7 III	5:04.0	1:41.3	336.4
164	David Gillibrand	M	Free Spirits VII	5:04.0	1:41.3	336.4
165	Mike Wrenn	M	Sub 7 VI	5:04.1	1:41.4	336.0
166	Gary Daugherty	m	RowPro Rowers I	5:04.1	1:41.4	336.0
167	Keith Stewart	M	Team AEGON II	5:04.6	1:41.5	334.4
168	Ashley Supinger	M	Forum Flyers VII	5:04.7	1:41.6	334.1
169	mcfc	M	Sub 7 VII	5:05.2	1:41.7	332.4
170	David Plumb	m	Free Spirits V	5:05.4	1:41.8	331.8
171	Taru Calonius	F	Forum Flyers I	5:05.8	1:41.9	330.5
172	Jo Andrews	F	Sub 7 I	5:06.1	1:42.0	329.5
173	Steve F.	m	Free Spirits VI	5:06.5	1:42.2	328.2
174	Mike Hagen	m	The Eh! Team I	5:07.0	1:42.3	326.6
175	Giovanni Ciccu	M	E.R.G. IV	5:07.0	1:42.3	326.6
176	Iain	m	Free Spirits VII	5:07.8	1:42.6	324.1
177	Sallyann Fisher	F	Sub 7 II	5:07.9	1:42.6	323.7
178	Tom Archer	M	Free Spirits VIII	5:08.2	1:42.7	322.8
179	jenh	F	Sub 7 III	5:08.4	1:42.8	322.2
180	graham fisher	M	Sub 7 VII	5:08.6	1:42.9	321.5
181	Ruud Jackel	M	RowPro Rowers IV	5:09.1	1:43.0	320.0
182	giorgio venturini	m	E.R.G. V	5:09.2	1:43.1	319.7
183	Arno Calonius	m	Forum Flyers V	5:09.5	1:43.2	318.7
184	Kev Kitching	M	Age Without Limits III	5:09.5	1:43.2	318.7
185	NC Stanley	M	Age Without Limits III	5:09.7	1:43.2	318.1
186	Walter Field	M	The Eh! Team I	5:09.8	1:43.3	317.8
187	DLCTrice	m	DLCBromsgrove I	5:11.3	1:43.8	313.3
188	Gabi Krause	f	RowPro Rowers I	5:13.0	1:44.3	308.2
189	Joe A Keating	m	Paddy Power I	5:13.3	1:44.4	307.3
190	Rick Bayko	m	Forum Flyers VI	5:13.4	1:44.5	307.0
191	David Howells	m	Sub 7 IV	5:17.2	1:45.7	296.1
192	Chris Whale	M	Forum Flyers VIII	5:17.4	1:45.8	295.5
193	Paul Grinham	M	Free Spirits VIII	5:17.7	1:45.9	294.7
194	DLCAndyS	m	DLCBromsgrove I	5:17.8	1:45.9	294.4
195	Darren Jones	M	Sub 7 VII	5:19.4	1:46.5	290.0
196	Glenn Teddy	m	Forum Flyers VII	5:19.9	1:46.6	288.7
197	holdon	M	Forum Flyers VIII	5:21.3	1:47.1	284.9
198	Matteo Locatelli	m	E.R.G. III	5:21.5	1:47.2	284.4
199	Carol Woodward	f	Sub 7 IV	5:22.2	1:47.4	282.5
200	Debbie Barber	F	Forum Flyers II	5:22.7	1:47.6	281.2
201	Chris Brett	M	MAD IV	5:23.7	1:47.9	278.6
202	Guillaume Dauphin	f	Paddy Power I	5:24.0	1:48.0	277.8
203	Helen Tilley	F	Taff Attack Racing I	5:24.7	1:48.2	276.0
204	Catherine Sutherland	f	RowPro Rowers II	5:25.5	1:48.5	274.0
205	Kirk	m	The Eh! Team I	5:25.6	1:48.5	273.8
206	Eric Hagen	m	The Eh! Team I	5:26.0	1:48.7	272.8
207	Dave Moores (FF)	M	Forum Flyers VIII	5:26.8	1:48.9	270.8
208	Marjorie	F	Sub 7 V	5:26.8	1:48.9	270.8
209	Helen H	F	Sub 7 VI	5:28.7	1:49.6	266.1
210	Paul Victory	M	Free Spirits VIII	5:28.9	1:49.6	265.6
211	Kevin Scott	M	Free Spirits IX	5:29.3	1:49.8	264.6
212	Maria Teresa Bizzarri	F	E.R.G. I	5:29.3	1:49.8	264.6
213	DLCTonyW	m	DLCBromsgrove II	5:30.1	1:50.0	262.7
214	Jane Daffern	F	Free Spirits I	5:30.4	1:50.1	262.0
215	Alex Nelson	m	The Eh! Team II	5:30.7	1:50.2	261.3
216	Arlene Wade (TO)	f	Team Oarsome II	5:30.8	1:50.3	261.1
217	Andrew Mudge	M	Sub 7 VIII	5:31.1	1:50.4	260.3
218	Little Ian	M	The Banana Boat II	5:31.2	1:50.4	260.1
219	Georgina Price	F	Forum Flyers III	5:32.0	1:50.7	258.2
220	siobhan w	F	MAD I	5:33.3	1:51.1	255.2
221	Carol Chambers	F	Age Without Limits I	5:33.6	1:51.2	254.5
222	Shirley	F	Forum Flyers IV	5:33.8	1:51.3	254.1
223	John J Keating	m	Paddy Power I	5:35.2	1:51.7	250.9
224	sabina lanzoni	f	E.R.G. II	5:35.8	1:51.9	249.6
225	Philip Price	m	Free Spirits VIII	5:37.6	1:52.5	245.6
226	Roger Burrell	m	Free Spirits IX	5:39.0	1:53.0	242.6
227	Deadwood	M	Free Spirits IX	5:39.0	1:53.0	242.6
228	Christine Wojcik	F	Free Spirits II	5:39.4	1:53.1	241.7
229	Claire Cyprus TO	f	Team Oarsome III	5:40.0	1:53.3	240.4
230	Jemma C	F	MAD II	5:40.6	1:53.5	239.2
231	Michelle Houghton	F	Free Spirits III	5:40.8	1:53.6	238.7
232	Jackie Hicks	F	Independent I	5:41.7	1:53.9	236.9
233	Birkyboy	m	Sub 7 V	5:42.6	1:54.2	235.0
234	Mike Revell	M	The Banana Boat II	5:42.9	1:54.3	234.4
235	Kay Hughes	F	Team Oarsome III	5:43.3	1:54.4	233.6
236	PaulH	M	Forum Flyers IX	5:44.3	1:54.8	231.5
237	Mags Hind	f	The Banana Boat I	5:45.5	1:55.2	229.1
238	Kevin McLellan	m	Empty the Tanks I	5:47.0	1:55.7	226.2
239	Gottfried Pelnasch	M	Million Meter Vikings III	5:47.5	1:55.8	225.2
240	Jenny R	F	Forum Flyers V	5:49.1	1:56.4	222.1
241	Fiona Graham	F	Team Oarsome IV	5:49.9	1:56.6	220.6
242	Bruno Ciucciarelli	m	E.R.G. IV	5:51.0	1:57.0	218.5
243	CRISTINA JANSEN	F	E.R.G. III	5:51.3	1:57.1	218.0
244	Jakob Bross	m	Million Meter Vikings I	5:53.3	1:57.8	214.3
245	Christine Goodwin	F	Taff Attack Racing II	5:55.8	1:58.6	209.8
246	Sam Baks	f	The Banana Boat II	5:56.0	1:58.7	209.5
247	Susan Young	F	Sub 7 VII	5:56.5	1:58.8	208.6

42	gilhunter (H) DBM (H) Alistair Black (L)	Valerie Black (L) Lesley Gavin (F)
1 pt		
43	Team AEGON I Phil Craze (H) Paul Clucas_ (H) Colin Barnett (L)	4:38.2 Andy Brown_ (L)
44	MAD III John O'Grady (H) Simon Handley (H) Jon Goodall (H)	4:39.6 Pantin Heavilee (L)
45	Rote 87 RK I Johan Eklund (H) D Wiklander (H) J Nilsson (L)	4:41.3 Conny J. (L)
46	RowPro Rowers II Charl Marais (H) Andreas Boegsted-Moeller (H) Larry Tait (H)	4:48.0 Catherine Sutherland (L)
47	Million Meter Vikings I Tommy Barenbruch (H) Horst Bross (H) Eckart Kahre (H)	4:58.2 Jakob Bross (L)
48	Million Meter Vikings II Matthias Jackstaedt (H) Florian Lamprecht (H) Georg Kotters (H)	4:59.0
49	RowPro Rowers III Paul Ashfield (H) Joe Vanischak (H) John Neufeldt (H)	4:59.1
50	MAD IV KevP (H) Chris Brett (H)	5:02.7
51	Team Rowbo I Bouke Dieleman (H)	5:03.2
52	Taff Attack Racing II Matt2Wood (H) Kevin Owen (H) Chippy (H)	5:04.5 Christine Goodwin (F)
53	Team AEGON II Keith Stewart (H)	5:04.6
54	RowPro Rowers IV Ruud Jackel (H)	5:09.1
55	Sub 7 VII mcfc (H) graham fisher (H) Darren Jones (H)	5:22.4 Susan Young (F)
56	Independent II Si Clarke (H) Oranj (L)	5:28.1
57	Empty the Tanks II SimonColeman (H) Caroline Joynson (L)	5:41.9
58	Forum Flyers IX PaulH (H)	5:44.3
59	Free Spirits IX Kevin Scott (H) Deadwood (H) Mark Victory (H)	5:45.0 Roger Burrell (L)
60	Age Without Limits III Kev Kitching (H) NC Stanley (H) JWilkinson (F)	5:46.3
61	Forum Flyers VIII Chris Whale (H) holdon (H) Dave Moores (FF) (H)	5:46.9 Dan Farmer (L)
62	E.R.G. V giorgio venturini (H) Greta Melotti (L) Francesca Farabbi (F)	5:47.4
63	Million Meter Vikings III Gottfried Pelnasch (H)	5:47.5
64	Sub 7 VIII Andrew Mudge (H) Liffey Girl (F) Dona Hall (F)	5:54.1
65	Team Oarsome IV little weed TO (L) Fiona Graham (F)	5:58.4
66	The Eh! Team II Alex Nelson (L) John Cousins (L)	5:59.3
67	DLCBromsgrove II DLCTonyW (L) DLCpauIT (L) DLCAndyW (L)	6:15.3 DLCLizG (F)
68	The Banana Boat III James Hind (L)	7:10.4

248	Si Clarke	M	Independent II	5:57.0	1:59.0	207.7
249	Sabrina Meschieri	F	E.R.G. IV	5:58.6	1:59.5	204.9
250	Greta Melotti	f	E.R.G. V	6:00.0	2:00.0	202.5
251	Liffey Girl	F	Sub 7 VIII	6:01.6	2:00.5	199.9
252	Alistair Black	m	Scotland the Wave I	6:01.6	2:00.5	199.9
253	Deborah Nyberg	f	Sub 7 VI	6:05.8	2:01.9	193.1
254	Alison Parker	F	Free Spirits IV	6:06.0	2:02.0	192.7
255	little weed TO	f	Team Oarsome IV	6:07.0	2:02.3	191.2
256	Jack Mayor	m	The Banana Boat II	6:08.2	2:02.7	189.3
257	DLCPaulT	m	DLCBromsgrove II	6:09.5	2:03.2	187.3
258	Dona Hall	F	Sub 7 VIII	6:09.8	2:03.3	186.9
259	Cynthia Runia	F	Age Without Limits II	6:12.1	2:04.0	183.4
260	Mark Victory	M	Free Spirits IX	6:13.0	2:04.3	182.1
261	Sarah Z	f	Empty the Tanks I	6:13.1	2:04.4	182.0
262	Francesca Farabbi	f	E.R.G. V	6:13.2	2:04.4	181.8
263	Anna Bonga	F	The Eh! Team I	6:16.1	2:05.4	177.6
264	DLCAndyW	m	DLCBromsgrove II	6:17.7	2:05.9	175.4
265	RachelR	f	Free Spirits V	6:18.5	2:06.2	174.3
266	Caroline Joynson	f	Empty the Tanks II	6:20.9	2:07.0	171.0
267	John Cousins	m	The Eh! Team II	6:28.0	2:09.3	161.8
268	DLCSueT	F	DLCBromsgrove I	6:30.5	2:10.2	158.7
269	Yazmina	f	Forum Flyers VI	6:35.7	2:11.9	152.5
270	Lesley Gavin	F	Scotland the Wave I	6:35.8	2:11.9	152.4
271	Gillian Burrell	f	Free Spirits VI	6:36.7	2:12.2	151.4
272	Jennifer Victory	f	Free Spirits VII	6:39.2	2:13.1	148.5
273	fie	F	Paddy Power I	6:42.4	2:14.1	145.0
274	JWilkinson	F	Age Without Limits III	6:59.7	2:19.9	127.8
275	Dan Farmer	m	Forum Flyers VIII	7:02.4	2:20.8	125.4
276	DLCLizG	f	DLCBromsgrove II	7:04.0	2:21.3	124.0
277	Sharon Yu	f	Forum Flyers VII	7:05.3	2:21.8	122.8
278	James Hind	m	The Banana Boat III	7:10.4	2:23.5	118.5
279	mjpermuth	f	Age Without Limits II	7:26.4	2:28.8	106.2
280	Beryl Archer	f	Free Spirits VIII	8:12.9	2:44.3	78.9
281	Valerie Black	f	Scotland the Wave I	8:17.7	2:45.9	76.7

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