



## CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

[Team Leaderboard](#)

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### Apr 2011 - Free the spirit with 3\*1K with 4' rest

This challenge was chosen by [FREE SPIRITS](#)

Row 3\*1K with 4' rest stroke rate is unrestricted.

The first rep must be from a stationary flywheel, Reps 2 & 3 can be a rolling or stationary start.

Record the time for your slowest 1K rep.

#### Most Recent Entries

Date	Name	Cat	Team	Result
2011-05-01	Nigel Farmer	MHWT	Forum Flyers	3:37.8
2011-05-01	DBM	MHWT	Scotland the Wave	3:50.0
2011-05-01	Hewitt	MHWT	Free Spirits	<b>3:21.6</b>
2011-05-01	Larry Tait	MHWT	RowPro Rowers	<b>3:18.1</b>
2011-05-01	Arlene Wade (TO)	FLWT	Team Oarsome	<b>3:56.8</b>

**Bold** = new time; *italic* = updated time

#### Add/Update an Entry

### Current Leaderboard

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

#	Name	Cat	Team	Result	Pace	Power			
							<b>1</b>	<b>Sub 7 I</b>	<b>3:16.7</b>
1	Maurits Schornagel	M	C2TweetCrew I	3:03.4	1:31.7	453.9		Matt Vanstone (H)	James Howard (L)
2	Rich Blagrove	M	MAD I	3:03.8	1:31.9	450.9		Andrew Mudge (H)	Sallyann Fisher (F)
3	Simon Gough	M	Team Oarsome I	3:05.7	1:32.9	437.2		Warren Matthews (H)	
4	Matt Vanstone	M	Sub 7 I	3:07.1	1:33.6	427.5	37 pts		
5	Andrew Mudge	M	Sub 7 I	3:07.8	1:33.9	422.7		<b>2</b>	<b>Team Oarsome I</b>
6	Gavin Allinson	M	Taff Attack Racing I	3:09.1	1:34.6	414.1		Simon Gough (H)	Stuart Bizzarri (L)
7	AAPaul Buchanan	M	Paddy Power I	3:09.9	1:35.0	408.9		Dave Chmilkowskyj (H)	Hannah Hawkins (F)
8	J Carlos Castro	M	C2TweetCrew I	3:10.1	1:35.1	407.6	36 pts	Ben Gittus-Smith (L)	
9	Liefcat	M	Free Spirits I	3:10.6	1:35.3	404.4		<b>3</b>	<b>Free Spirits I</b>
10	Michel Pelletier	M	RowPro Rowers I	3:11.0	1:35.5	401.8		Liefcat (H)	Odd G. Aarrestad (L)
11	Jonathan Davis	M	Free Spirits I	3:11.4	1:35.7	399.3		Jonathan Davis (H)	Cathrine Aarrestad (F)
12	Dirk Möller	m	Forum Flyers I	3:11.7	1:35.9	397.5	35 pts	Matthew Leonard (H)	
13	Ben Gittus-Smith	m	Team Oarsome I	3:12.2	1:36.1	394.4		<b>4</b>	<b>RowPro Rowers I</b>
14	Warren Matthews	M	Sub 7 I	3:13.3	1:36.7	387.7	34 pts	Michel Pelletier (H)	Hywel Davies (L)
15	Matthew Leonard	M	Free Spirits I	3:13.3	1:36.7	387.7		Sebastien Lallier (H)	Catherine Sutherland (F)
16	gianmaria grassi	M	E.R.G. I	3:14.0	1:37.0	383.5		Larry Tait (H)	
17	hjs	M	Forum Flyers I	3:14.9	1:37.5	378.2		<b>5</b>	<b>Forum Flyers I</b>
18	Richard Cheeseman	M	Sub 7 II	3:15.6	1:37.8	374.2		Dirk Möller (H)	roadrunner (L)
19	Stuart Bizzarri	m	Team Oarsome I	3:16.2	1:38.1	370.7	33 pts	hjs (H)	Taru Calonius (F)
20	Sebastien Lallier	M	RowPro Rowers I	3:16.6	1:38.3	368.5		macroth (H)	
21	Hywel Davies	m	RowPro Rowers I	3:16.8	1:38.4	367.4		<b>6</b>	<b>Sub 7 II</b>
22	macroth	M	Forum Flyers I	3:17.5	1:38.8	363.5	32 pts	Richard Cheeseman (H)	Steve Berridge (L)
23	Conny J.	m	Rote 87 RK I	3:17.9	1:39.0	361.3		bakudaina1 (H)	Jenh (F)
24	Frank Noorlander	M	Forum Flyers II	3:18.0	1:39.0	360.7		Giles Clarke (H)	
25	Larry Tait	M	RowPro Rowers I	3:18.1	1:39.1	360.2		<b>7</b>	<b>C2TweetCrew I</b>
26	Selyaninov Vladimir	M	Free Spirits II	3:18.8	1:39.4	356.4		Maurits Schornagel (H)	Marc Sibilia (L)
27	Doug Gormley	M	Forum Flyers II	3:18.9	1:39.5	355.8		J Carlos Castro (H)	Julie Wahl (F)
28	Huw Thomas	M	Free Spirits II	3:19.2	1:39.6	354.2		Wim Oosterveld (H)	
29	jonasm	M	RowPro Rowers II	3:19.4	1:39.7	353.2	30 pts	<b>8</b>	<b>Free Spirits II</b>
30	Dave Chmilkowskyj	M	Team Oarsome I	3:19.5	1:39.8	352.6		Selyaninov Vladimir (H)	Si Riley (L)
31	Jon Bone	M	Team Oarsome II	3:19.7	1:39.9	351.6		Huw Thomas (H)	Claire Haynes (F)
32	Odd G. Aarrestad	m	Free Spirits I	3:21.0	1:40.5	344.8		Hewitt (H)	
33	Emanuele Di Raffaele	m	E.R.G. I	3:21.1	1:40.6	344.3	29 pts	<b>9</b>	<b>Forum Flyers II</b>
34	Mark Bower	M	Empty the Tanks I	3:21.1	1:40.6	344.3		Frank Noorlander (H)	HendrikJan (L)
35	Hewitt	M	Free Spirits II	3:21.6	1:40.8	341.7		Doug Gormley (H)	Debbie Barber (F)
36	Alessandro Giannini	M	E.R.G. I	3:21.8	1:40.9	340.7		W de Jong (H)	
37	James Howard	m	Sub 7 I	3:21.8	1:40.9	340.7		<b>10</b>	<b>E.R.G. I</b>
38	bakudaina1	M	Sub 7 II	3:21.9	1:41.0	340.2	28 pts	gianmaria grassi (H)	Marco Raspa (L)
39	Steve Smith	M	Free Spirits III	3:22.5	1:41.3	337.2		Emanuele Di Raffaele (H)	CRISTINA JANSEN (F)
40	W de Jong	M	Forum Flyers II	3:22.6	1:41.3	336.7		Alessandro Giannini (H)	
41	Giles Clarke	M	Sub 7 II	3:22.9	1:41.5	335.2		<b>11</b>	<b>Free Spirits III</b>
42	Mike Pearce (MPx)	M	Sub 7 III	3:23.7	1:41.9	331.3		Steve Smith (H)	Kirbyt (L)
43	Keith Pacey	M	Paddy Power I	3:24.0	1:42.0	329.8		thornmaster (H)	Michelle Houghton (F)
44	Michele Zanon	M	E.R.G. II	3:24.0	1:42.0	329.8		Ken Wood (H)	
45	Si Riley	m	Free Spirits II	3:24.1	1:42.1	329.3		<b>12</b>	<b>Sub 7 III</b>
46	Johan Eklund	M	Rote 87 RK I	3:24.2	1:42.1	328.8		Mike Pearce (MPx) (H)	Jef Hutchby (L)
47	Mike Podolsky RPR	M	RowPro Rowers II	3:24.3	1:42.2	328.4		Andy Osborn (H)	ruthb (F)
48	Kirbyt	m	Free Spirits III	3:24.4	1:42.2	327.9	26 pts	Ant Stansbie (H)	
49	Wim Oosterveld	M	C2TweetCrew I	3:24.4	1:42.2	327.9		<b>13</b>	<b>RowPro Rowers II</b>
50	Andy Osborn	M	Sub 7 III	3:24.8	1:42.4	326.0		jonasm (H)	Michael Wright (L)
51	Todd Carpenter	M	Forum Flyers III	3:24.8	1:42.4	326.0		Mike Podolsky RPR (H)	Nicole Koch (F)
52	Mark Keown	M	Age Without Limits I	3:25.0	1:42.5	325.0		Joe Vanischak (H)	
53	Steve Ockerby	M	Forum Flyers III	3:25.4	1:42.7	323.1		<b>14</b>	<b>Team Oarsome II</b>
54	André Budzien	M	SYC Rowing Crew I	3:25.6	1:42.8	322.2	24 pts	Jon Bone (H)	Matt Newman (L)
55	thornmaster	M	Free Spirits III	3:26.0	1:43.0	320.3		Graham Todd (H)	Arlene Wade (TO) (F)
56	Odd Ivar Lindland	M	Forum Flyers III	3:26.2	1:43.1	319.4		Andy Burrows (H)	
57	Graham Todd	M	Team Oarsome II	3:26.4	1:43.2	318.4		<b>15</b>	<b>Forum Flyers III</b>
58	Grunt	M	Taff Attack Racing I	3:26.6	1:43.3	317.5		Todd Carpenter (H)	Will Haskell (L)
59	Steve Berridge	m	Sub 7 II	3:26.9	1:43.5	316.1	23 pts	Steve Ockerby (H)	Shirley (F)
60	Pete Marston	M	MAD I	3:26.9	1:43.5	316.1		Odd Ivar Lindland (H)	
61	Ant Stansbie	M	Sub 7 III	3:27.0	1:43.5	315.7		<b>16</b>	<b>Paddy Power I</b>
62	Christian Ericson_SWE	M	ÅIRC I	3:27.0	1:43.5	315.7		AAPaul Buchanan (H)	Joe A Keating (L)
63	TimDAV8	M	Sub 7 IV	3:27.6	1:43.8	313.0	22 pts	Keith Pacey (H)	Lacey (F)
64	Joe Vanischak	M	RowPro Rowers II	3:27.7	1:43.9	312.5		DJMarks (H)	
								<b>17</b>	<b>Taff Attack Racing I</b>
								Gavin Allinson (H)	Kevo (L)
								Grunt (H)	Helen Tilley (F)
								Chippy (H)	
								<b>Sub 7 IV</b>	<b>3:35.5</b>

65	Graham Moss	m	Independent I	3:27.7	1:43.9	312.5
66	D Wiklander	M	Rote 87 RK I	3:28.0	1:44.0	311.1
67	Richard Young	M	Empty the Tanks I	3:28.3	1:44.2	309.8
68	DJMarks	M	Paddy Power I	3:28.4	1:44.2	309.4
69	Andy Burrows	M	Team Oarsome II	3:28.5	1:44.3	308.9
70	Ken Wood	M	Free Spirits III	3:28.6	1:44.3	308.5
71	Neil Polson	M	Free Spirits IV	3:28.7	1:44.4	308.0
72	Marc Sibillia	m	C2TweetCrew I	3:28.7	1:44.4	308.0
73	Jef Hutchby	m	Sub 7 III	3:28.7	1:44.4	308.0
74	Graham Lay	M	Forum Flyers IV	3:28.9	1:44.5	307.1
75	Matt B Brown	M	Forum Flyers IV	3:29.0	1:44.5	306.7
76	Eddie Scott	M	RowPro Rowers III	3:29.1	1:44.6	306.3
77	alan wisniewski	M	Free Spirits IV	3:29.2	1:44.6	305.8
78	Dimos	m	Sub 7 IV	3:29.2	1:44.6	305.8
79	SJRoos	m	Free Spirits IV	3:29.6	1:44.8	304.1
80	Tim Pike	M	MAD I	3:29.7	1:44.9	303.6
81	roadrunner	m	Forum Flyers I	3:29.9	1:45.0	302.8
82	Alan McLaughlin	M	Sub 7 IV	3:30.0	1:45.0	302.3
83	Thomas Poppen	M	Rote 87 RK I	3:30.1	1:45.1	301.9
84	Stuart Thorp	M	C2TweetCrew II	3:30.3	1:45.2	301.1
85	Jon Goodall	M	MAD II	3:31.0	1:45.5	298.1
86	HendrikJan	m	Forum Flyers II	3:31.0	1:45.5	298.1
87	Jean-Marc Hurni	M	Age Without Limits I	3:31.6	1:45.8	295.5
88	Oranj	m	Independent I	3:31.8	1:45.9	294.7
89	Rick James	M	RowPro Rowers III	3:32.0	1:46.0	293.9
90	Will Haskell	m	Forum Flyers III	3:32.5	1:46.3	291.8
91	Kevo	m	Taff Attack Racing I	3:32.9	1:46.5	290.2
92	Mark Powell	M	Sub 7 IV	3:33.0	1:46.5	289.7
93	John Exley	m	Age Without Limits I	3:33.2	1:46.6	288.9
94	John Ferdinando	m	Forum Flyers IV	3:33.3	1:46.7	288.5
95	Herman de Boer	m	C2TweetCrew II	3:33.4	1:46.7	288.1
96	David Plumb	m	Free Spirits IV	3:33.8	1:46.9	286.5
97	Sallyann Fisher	F	Sub 7 I	3:33.8	1:46.9	286.5
98	Barry Dussault	m	C2TweetCrew II	3:34.1	1:47.1	285.3
99	Craig Hudson	M	Independent I	3:34.2	1:47.1	284.9
100	Paul Duncan	M	Sub 7 V	3:34.3	1:47.2	284.5
101	Matt Newman	m	Team Oarsome II	3:34.4	1:47.2	284.1
102	Dave Speed	M	Team Oarsome III	3:34.7	1:47.4	282.9
103	Davidaldridge	m	Sub 7 V	3:35.0	1:47.5	281.7
104	Chris Venables	m	Empty the Tanks I	3:35.0	1:47.5	281.7
105	Arnoud Aalbersberg	M	C2TweetCrew II	3:35.1	1:47.6	281.3
106	Peter Tullett	m	Free Spirits V	3:35.4	1:47.7	280.2
107	Michael Wright	m	RowPro Rowers II	3:35.5	1:47.8	279.8
108	Johan Hoeke	m	C2TweetCrew III	3:35.8	1:47.9	278.6
109	Torsten Haverland	M	SYC Rowing Crew I	3:36.0	1:48.0	277.8
110	Hannah Hawkins	F	Team Oarsome I	3:36.1	1:48.1	277.5
111	Bill Wright	M	Free Spirits V	3:36.8	1:48.4	274.8
112	SimonJ	m	Free Spirits V	3:36.9	1:48.5	274.4
113	DLCIanN	M	DLCBromsgrove I	3:37.6	1:48.8	271.8
114	Aaron Dutton	M	Free Spirits V	3:37.7	1:48.9	271.4
115	Mike Wrenn	M	Sub 7 V	3:37.8	1:48.9	271.0
116	Nigel Farmer	M	Forum Flyers IV	3:37.8	1:48.9	271.0
117	edward jackson	M	Empty the Tanks I	3:38.4	1:49.2	268.8
118	Marco Raspa	m	E.R.G. I	3:39.0	1:49.5	266.6
119	Joe A Keating	m	Paddy Power I	3:39.1	1:49.6	266.2
120	Jonathan Turns	M	Sub 7 V	3:39.2	1:49.6	265.8
121	Gregory Cook II	m	Team Oarsome III	3:39.3	1:49.7	265.5
122	Iain Laird	M	Sub 7 VI	3:39.7	1:49.9	264.0
123	W.Gerssen	M	Forum Flyers V	3:39.8	1:49.9	263.7
124	mark taylor	m	RowPro Rowers III	3:39.9	1:50.0	263.3
125	Gary Campbell	M	Sub 7 VI	3:40.0	1:50.0	263.0
126	Steve Motzny	M	Age Without Limits I	3:40.1	1:50.1	262.6
127	Robert Snapper	M	RowPro Rowers III	3:40.2	1:50.1	262.2
128	Chris Whale	M	Forum Flyers V	3:40.2	1:50.1	262.2
129	Martyn Smith	M	C2TweetCrew III	3:40.8	1:50.4	260.1
130	Rod Chinn	M	Sub 7 VI	3:41.4	1:50.7	258.0
131	Michael Rouse	m	The Banana Boat I	3:42.1	1:51.1	255.6
132	giorgio venturini	M	E.R.G. II	3:42.1	1:51.1	255.6
133	Stephen Clark	M	Forum Flyers V	3:42.3	1:51.2	254.9
134	Taru Colonius	F	Forum Flyers I	3:42.5	1:51.3	254.2
135	Andy Rendall	M	The Banana Boat I	3:42.8	1:51.4	253.2
136	Gerry Keating	M	Paddy Power II	3:42.8	1:51.4	253.2
137	jenh	F	Sub 7 II	3:42.9	1:51.5	252.8
138	Simon_Eng	M	ÅIRC I	3:43.1	1:51.6	252.2
139	Fredrik_SWE	M	ÅIRC I	3:43.2	1:51.6	251.8
140	DLC TrevorR	m	DLCBromsgrove I	3:44.3	1:52.2	248.1
141	Andrew Stanway	M	Free Spirits VI	3:45.7	1:52.9	243.5
142	Paul Victory	M	Free Spirits VI	3:46.0	1:53.0	242.6
143	Lucas Thielemann	m	SYC Rowing Crew I	3:46.4	1:53.2	241.3
144	GlennUK	M	Sub 7 VII	3:46.7	1:53.4	240.3
145	Funkyrower	M	The Banana Boat I	3:46.8	1:53.4	240.0
146	Iain	m	Free Spirits VI	3:46.9	1:53.5	239.7
147	Dougie Lawson	m	Sub 7 VI	3:47.9	1:54.0	236.6
148	Chippy	M	Taff Attack Racing I	3:48.4	1:54.2	235.0
149	Cathrine Aarrestad	F	Free Spirits I	3:49.9	1:55.0	230.4
150	Kim Colonius	M	Forum Flyers VI	3:50.0	1:55.0	230.1
151	DLCAndyW	m	DLCBromsgrove I	3:50.0	1:55.0	230.1
152	DBM	M	Scotland the Wave I	3:50.0	1:55.0	230.1
153	Ruud Jackel	M	RowPro Rowers IV	3:51.0	1:55.5	227.2
154	toddy92	M	Red Ball IRC I	3:51.5	1:55.8	225.7
155	Linda_SWE	F	ÅIRC I	3:51.8	1:55.9	224.8
156	Helen Tilley	F	Taff Attack Racing I	3:52.1	1:56.1	223.9
157	rjw	M	Forum Flyers VI	3:53.0	1:56.5	221.4
158	Catherine Sutherland	f	RowPro Rowers I	3:53.0	1:56.5	221.4

18	TimDAV8 (H) Alan McLaughlin (H) Mark Powell (H)	Dimos (L) Marjorie (F)	
20 pts			
19	<b>Rote 87 RK I</b> Johan Eklund (H) D Wiklander (H) Thomas Poppen (H)	Conny J. (L) Ida Poppen (F)	<b>3:37.8</b>
19 pts			
20	<b>Free Spirits IV</b> Neil Polson (H) alan wisniewski (H) SJRoos (L)	David Plumb (L) Jane Daffern (F)	<b>3:38.8</b>
18 pts			
21	<b>Forum Flyers IV</b> Graham Lay (H) Matt B Brown (H) Nigel Farmer (H)	John Ferdinando (L) Georgina Price (F)	<b>3:39.6</b>
17 pts			
22	<b>Sub 7 V</b> Paul Duncan (H) Mike Wrenn (H) Jonathan Turns (H)	Davidaldridge (L) ellemme (F)	<b>3:41.3</b>
16 pts			
23	<b>Age Without Limits I</b> Mark Keown (H) Jean-Marc Hurni (H) Steve Motzny (H)	John Exley (L) Cynthia Runia (F)	<b>3:42.0</b>
15 pts			
24	<b>Empty the Tanks I</b> Mark Bower (H) Richard Young (H) edward jackson (H)	Chris Venables (L) Caroline Joynton (F)	<b>3:43.5</b>
14 pts			
25	<b>Independent I</b> Craig Hudson (H) Patrick Hicks (H) Graham Moss (L)	Oranj (L) Jackie Hicks (F)	<b>3:43.7</b>
13 pts			
26	<b>Free Spirits V</b> Bill Wright (H) Aaron Dutton (H) Peter Tullett (L)	SimonJ (L) Trish Wright (F)	<b>3:45.4</b>
12 pts			
27	<b>C2TweetCrew II</b> Stuart Thorp (H) Arnoud Aalbersberg (H) Herman de Boer (L)	Barry Dussault (L) Michelle Toy (F)	<b>3:46.0</b>
11 pts			
28	<b>RowPro Rowers III</b> Eddie Scott (H) Rick James (H) Robert Snapper (H)	mark taylor (L) Annette Wammen (F)	<b>3:46.0</b>
10 pts			
29	<b>Sub 7 VI</b> Iain Laird (H) Gary Campbell (H) Rod Chinn (H)	Dougie Lawson (L) Carol Woodward (F)	<b>3:46.6</b>
9 pts			
30	<b>ÅIRC I</b> Christian Ericson_SWE (H) Simon_Eng (H) Fredrik_SWE (H)	Jeannette_Ger (L) Linda_SWE (F)	<b>3:53.0</b>
8 pts			
31	<b>The Banana Boat I</b> Andy Rendall (H) Funkyrower (H) James Jackson (H)	Michael Rouse (L) SheleenB (F)	<b>3:55.9</b>
7 pts			
32	<b>Sub 7 VII</b> GlennUK (H) mcfC (H) Gareth Thomas (H)	David Howells (L) Susan Young (F)	<b>3:57.2</b>
6 pts			
33	<b>DLCBromsgrove I</b> DLCIanN (H) DLC TrevorR (L) DLCAndyW (L)	DLC SueT (F) DLC Alice (F)	<b>3:58.5</b>
5 pts			
34	<b>Free Spirits VI</b> Andrew Stanway (H) Paul Victory (H) Alan Strang (H)	Iain (L) Jo Greenwood (F)	<b>4:00.4</b>
4 pts			
35	<b>Team Oarsome III</b> Dave Speed (H) Adrian Nicholas (H) Gregory Cook II (L)	little weed TO (L) Kay Hughes (F)	<b>4:00.7</b>
3 pts			
36	<b>Sub 7 VIII</b> Ian Howse (H) Mark Burge (H) Steve Sempert (H)	Richard Hall (L) Anita Fletcher (F)	<b>4:05.7</b>
2 pts			
37	<b>Sub 7 IX</b> AndrewPJones (H) ianah (L) Birkyboy (L)	Matt J Clarke (L) Dona Hall (F)	<b>4:35.7</b>
1 pt			
38	<b>MAD I</b> Rich Blagrove (H) Pete Marston (H) Tim Pike (H)		<b>3:20.1</b>
39	<b>MAD II</b> Jon Goodall (H)		<b>3:31.0</b>
40	<b>SYC Rowing Crew I</b> André Budzien (H) Torsten Haverland (H) Lucas Thielemann (L)		<b>3:36.0</b>
41	<b>C2TweetCrew III</b> Martyn Smith (H) Johan Hoeke (L)		<b>3:38.3</b>
42	<b>Forum Flyers V</b> W.Gerssen (H) Chris Whale (H) Stephen Clark (H)	Arno Colonius (L)	<b>3:45.4</b>
43	<b>E.R.G. II</b> Michele Zanon (H) giorgio venturini (H) Stivaletta Luigi (H)	Flavia Zanon (L)	<b>3:47.5</b>
	<b>RowPro Rowers IV</b>		<b>3:51.0</b>

159	Maurice O'Kane	M	Paddy Power II	3:53.1	1:56.6	221.1
160	Chris Ridge	M	Air Products I	3:53.1	1:56.6	221.1
161	Nicole Koch	F	RowPro Rowers II	3:53.7	1:56.9	219.4
162	Adrian Millar	M	Taff Attack Racing II	3:54.3	1:57.2	217.7
163	David Howells	m	Sub 7 VII	3:54.4	1:57.2	217.4
164	andrewcrystal	M	Forum Flyers VI	3:54.6	1:57.3	216.9
165	Alan Strang	M	Free Spirits VI	3:54.9	1:57.5	216.0
166	john chambers	m	Red Ball IRC I	3:54.9	1:57.5	216.0
167	mcf	M	Sub 7 VII	3:55.6	1:57.8	214.1
168	Claire Haynes	F	Free Spirits II	3:55.8	1:57.9	213.6
169	Debbie Barber	F	Forum Flyers II	3:55.8	1:57.9	213.6
170	ruthb	F	Sub 7 III	3:56.0	1:58.0	213.0
171	Michelle Houghton	F	Free Spirits III	3:56.4	1:58.2	211.9
172	Arlene Wade (TO)	f	Team Oarsome II	3:56.8	1:58.4	210.9
173	Shirley	F	Forum Flyers III	3:56.9	1:58.5	210.6
174	Gareth Thomas	M	Sub 7 VII	3:57.6	1:58.8	208.7
175	Marjorie	F	Sub 7 IV	3:57.9	1:59.0	208.0
176	Ian Howse	M	Sub 7 VIII	3:57.9	1:59.0	208.0
177	Adrian Nicholas	M	Team Oarsome III	3:58.8	1:59.4	205.6
178	Mark Burge	M	Sub 7 VIII	3:59.2	1:59.6	204.6
179	Richard Hall	m	Sub 7 VIII	3:59.4	1:59.7	204.1
180	Arno Calonius	m	Forum Flyers V	3:59.6	1:59.8	203.6
181	Steve Sempert	M	Sub 7 VIII	3:59.6	1:59.8	203.6
182	AndrewPJones	M	Sub 7 IX	3:59.6	1:59.8	203.6
183	CRISTINA JANSEN	F	E.R.G. I	4:00.4	2:00.2	201.5
184	ellemme	F	Sub 7 V	4:00.4	2:00.2	201.5
185	Flavia Zanon	f	E.R.G. II	4:01.2	2:00.6	199.5
186	Philip Price	m	Free Spirits VII	4:01.8	2:00.9	198.1
187	Jackie Hicks	F	Independent I	4:02.1	2:01.1	197.3
188	Patrick Hicks	M	Independent I	4:02.8	2:01.4	195.6
189	Stivaletta Luigi	M	E.R.G. II	4:03.0	2:01.5	195.1
190	Carol Woodward	f	Sub 7 VI	4:04.0	2:02.0	192.7
191	Julie Wahl	F	C2TweetCrew I	4:04.9	2:02.5	190.6
192	Dave Moores (FF)	M	Forum Flyers VII	4:06.1	2:03.1	187.9
193	Lacey	F	Paddy Power I	4:07.1	2:03.6	185.6
194	Georgina Price	F	Forum Flyers IV	4:09.3	2:04.7	180.7
195	Kay Hughes	F	Team Oarsome III	4:10.5	2:05.3	178.1
196	Susan Young	F	Sub 7 VII	4:11.9	2:06.0	175.2
197	James Jackson	M	The Banana Boat I	4:12.0	2:06.0	175.0
198	Jane Daffern	F	Free Spirits IV	4:13.0	2:06.5	172.9
199	Brian Fry	M	Age Without Limits II	4:13.9	2:07.0	171.1
200	ianah	m	Sub 7 IX	4:16.2	2:08.1	166.5
201	SheleenB	f	The Banana Boat I	4:16.2	2:08.1	166.5
202	DLCsueT	F	DLCBromsgrove I	4:16.3	2:08.2	166.3
203	Cynthia Runia	F	Age Without Limits I	4:20.1	2:10.1	159.1
204	Trish Wright	f	Free Spirits V	4:20.4	2:10.2	158.6
205	shane shaw	M	Forum Flyers VII	4:21.8	2:10.9	156.0
206	Birkyboy	m	Sub 7 IX	4:22.8	2:11.4	154.3
207	laura pacey	F	Paddy Power II	4:23.3	2:11.7	153.4
208	DLCALice	F	DLCBromsgrove I	4:24.4	2:12.2	151.5
209	Ida Poppen	F	Rote 87 RK I	4:29.0	2:14.5	143.8
210	Annette Wammen	f	RowPro Rowers III	4:29.2	2:14.6	143.5
211	John Cousins	m	The Eh! Team I	4:30.0	2:15.0	142.3
212	Jack Mayor	m	The Banana Boat II	4:32.5	2:16.3	138.4
213	Anita Fletcher	F	Sub 7 VIII	4:32.8	2:16.4	137.9
214	DLCPeteA	M	DLCBromsgrove II	4:33.6	2:16.8	136.7
215	Caroline Joynson	f	Empty the Tanks I	4:35.1	2:17.6	134.5
216	Dona Hall	F	Sub 7 IX	4:35.3	2:17.7	134.2
217	Lesley Gavin	F	Scotland the Wave I	4:35.6	2:17.8	133.8
218	Michelle Toy	F	C2TweetCrew II	4:37.4	2:18.7	131.2
219	Jeannette_Ger	f	ÄIRC I	4:40.0	2:20.0	127.6
220	little weed TO	f	Team Oarsome III	4:40.5	2:20.3	126.9
221	Emma Poppen	F	Rote 87 RK II	4:41.9	2:21.0	125.0
222	Dan Farmer	m	Forum Flyers VI	4:44.1	2:22.1	122.1
223	Jackie Gill	F	The Banana Boat II	4:48.3	2:24.2	116.8
224	Jo Greenwood	F	Free Spirits VI	4:48.6	2:24.3	116.5
225	James Hind	m	The Banana Boat II	4:50.0	2:25.0	114.8
226	DLCHimmatR	M	DLCBromsgrove II	4:57.3	2:28.7	106.6
227	mjpermoth	f	Age Without Limits II	5:17.1	2:38.6	87.8
228	Matt J Clarke	m	Sub 7 IX	5:44.6	2:52.3	68.4
229	Eleanor Moss	f	Independent II	13:13.4	6:36.7	5.6

44	Ruud Jackel (H)					
45	<b>Air Products I</b>					<b>3:53.1</b>
	Chris Ridge (H)					
46	<b>Red Ball IRC I</b>					<b>3:53.2</b>
	toddy92 (H)					
	john chambers (L)					
47	<b>Taff Attack Racing II</b>					<b>3:54.3</b>
	Adrian Millar (H)					
48	<b>Paddy Power II</b>					<b>3:59.7</b>
	Gerry Keating (H)					
	Maurice O'Kane (H)					
	laura pacey (F)					
49	<b>Free Spirits VII</b>					<b>4:01.8</b>
	Philip Price (L)					
50	<b>Forum Flyers VI</b>					<b>4:05.4</b>
	Kim Calonius (H)				Dan Farmer (L)	
	rjw (H)					
	andrewcrystal (H)					
51	<b>Scotland the Wave I</b>					<b>4:12.8</b>
	DBM (H)					
	Lesley Gavin (F)					
52	<b>Forum Flyers VII</b>					<b>4:13.9</b>
	Dave Moores (FF) (H)					
	shane shaw (H)					
53	<b>The Eh! Team I</b>					<b>4:30.0</b>
	John Cousins (L)					
54	<b>Rote 87 RK II</b>					<b>4:41.9</b>
	Emma Poppen (F)					
55	<b>The Banana Boat II</b>					<b>4:43.6</b>
	Jack Mayor (L)					
	James Hind (L)					
	Jackie Gill (F)					
56	<b>DLCBromsgrove II</b>					<b>4:45.4</b>
	DLCPeteA (H)					
	DLCHimmatR (H)					
57	<b>Age Without Limits II</b>					<b>4:45.5</b>
	Brian Fry (H)					
	mjpermoth (L)					
58	<b>Independent II</b>					<b>13:13.4</b>
	Eleanor Moss (L)					

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