



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

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Mar 2012 - The ERG Team restricted rate pyramid

This challenge was chosen by the ERG team

You need to row 5 minutes, 30 seconds rest, 4 minutes, 30s rest, 3min, 30s rest, 2min, 30s, 1min, 30s and then back up 2m, 30s, 3m, 30s, 4m, 30s and 5mins to finish

You need to complete all reps with a stroke rate restriction of 20 strokes per minute (avg for the piece).

Record your distance covered in 29 minutes of rowing.

Do not include any resting metres recorded by your PM3 or PM4.

Most Recent Entries

Date	Name	Cat	Team	Result
2012-04-01	Birkyboy	MLWT	Sub 7	6248
2012-03-31	Attila Karpati	MHWT	Free Spirits	8167
2012-03-31	Casey Clarke	MHWT	Sub 7	8361
2012-03-31	SimonJ	MLWT	Free Spirits	7175
2012-03-31	Planky	MLWT	Sub 7	7047

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		Team Oarsome I	8078.6m
1	Big Dave K.	M	Free Spirits I	8521	1:42.1	328.8		AI Taylor (H)	Stuart Bizzarri (L)
2	AI Taylor	M	Team Oarsome I	8498	1:42.4	326.2		Simon Gough (H)	Hannah Hawkins (F)
3	sjoerd plagmeijer	M	Free Spirits I	8408	1:43.5	315.9	45 pts	Jon Bone (H)	
4	Colin Williamson	M	Sub 7 I	8405	1:43.5	315.6			
5	Indrek Vait	M	Sõudespinning Estonia I	8372	1:43.9	311.9		Colin Williamson (H)	James Howard (L)
6	Casey Clarke	M	Sub 7 I	8361	1:44.1	310.7		Casey Clarke (H)	Sallyann Fisher (F)
7	Nik's mystery training buddy	M	MAD I	8347	1:44.2	309.1		Warren Matthews (H)	
8	Simon Gough	M	Team Oarsome I	8321	1:44.6	306.2	44 pts		
9	Simon Handley	M	MAD I	8319	1:44.6	306.0			
10	Warren Matthews	M	Sub 7 I	8309	1:44.7	304.9			
11	Eamonn Joyce	M	RowPro Rowers I	8303	1:44.8	304.2	43 pts		
12	Dirk Möller	M	Forum Flyers I	8291	1:44.9	302.9			
13	jonasm	M	Sub 7 II	8277	1:45.1	301.4			
14	Liefcat	M	Free Spirits I	8275	1:45.1	301.2	42 pts	jonasm (H)	Joe Clark (L)
15	AAPaul Buchanan	M	Paddy Power I	8265	1:45.3	300.1		Andrew Mudge (H)	jenhouse (F)
16	Andrew Mudge	M	Sub 7 II	8236	1:45.6	296.9		Richard Cheeseman (H)	
17	Stewart Wyllie	M	RowPro Rowers I	8214	1:45.9	294.6			
18	Jason McCormack	M	Paddy Power I	8206	1:46.0	293.7	41 pts	Eamonn Joyce (H)	Roadrunner389 (L)
19	Richard Cheeseman	M	Sub 7 II	8206	1:46.0	293.7		Stewart Wyllie (H)	Anne Bourlioux (F)
20	Bjorn_Stensheim	M	RowPro Rowers I	8196	1:46.1	292.6		Bjorn_Stensheim (H)	
21	Phil Hoyle	M	C2TweetCrew I	8184	1:46.3	291.3			
22	d stansfield	M	Paddy Power I	8167	1:46.5	289.5	40 pts	Matt Vanstone (H)	Steve Berridge (L)
23	Attila Karpati	M	Free Spirits II	8167	1:46.5	289.5		Ross Hawkins(SHO) (H)	Jo Andrews (F)
24	Matt Vanstone	M	Sub 7 III	8165	1:46.6	289.3		Giles Clarke (H)	
25	Nik Fleming	M	MAD I	8163	1:46.6	289.1			
26	Ross Hawkins(SHO)	M	Sub 7 III	8142	1:46.9	286.9	39 pts	Dirk Möller (H)	John Ferdinando (L)
27	Silver Kuusik	M	Sõudespinning Estonia I	8138	1:46.9	286.5		macroth (H)	Taru Calonius (F)
28	Jon Bone	M	Team Oarsome I	8124	1:47.1	285.0		hjs (H)	
29	macroth	M	Forum Flyers I	8121	1:47.1	284.7			
30	Andrew Richards	M	Free Spirits II	8119	1:47.2	284.5	38 pts	Indrek Vait (H)	Aleksei Lipintsov (L)
31	Trevor de Koekkoek	M	C2TweetCrew I	8091	1:47.5	281.5		Silver Kuusik (H)	Triin Tammeleht (F)
32	Will K-T (bewdleywill)	M	Independent I	8089	1:47.6	281.3		Aivar Vaus (H)	
33	david blanksby	M	Independent I	8083	1:47.6	280.7			
34	Stan Nwaka	M	Free Spirits II	8061	1:47.9	278.4	37 pts		
35	Dave Chmilowskyj	M	Team Oarsome II	8050	1:48.1	277.3		Dave Chmilowskyj (H)	Gregory Cook II (L)
36	Stuart Bizzarri	M	Team Oarsome I	8029	1:48.4	275.1		Nick Rockliff (H)	Joan Van Blom (F)
37	Nick Rockliff	M	Team Oarsome II	8026	1:48.4	274.8	36 pts	Graham Todd (H)	
38	Giles Clarke	M	Sub 7 III	8009	1:48.6	273.1			
39	hjs	M	Forum Flyers I	8007	1:48.7	272.8		Attila Karpati (H)	Peter Weiß Iwt (L)
40	David Scott	M	Sub 7 IV	8007	1:48.7	272.8		Andrew Richards (H)	Carol McIlvane (F)
41	Hewitt	M	Free Spirits III	8005	1:48.7	272.6	35 pts	Stan Nwaka (H)	
42	Daniel Perkins	M	Free Spirits III	8003	1:48.7	272.4			
43	Matthew Leonard	M	Free Spirits III	7988	1:48.9	270.9		Phil Hoyle (H)	Barry Dussault (L)
44	Conny J.	m	Rote 87 RK I	7962	1:49.3	268.3		Trevor de Koekkoek (H)	Andrea Arriola (F)
45	James Howard	m	Sub 7 I	7959	1:49.3	268.0	34 pts	Kay Bieri (H)	
46	Matt B Brown	M	Forum Flyers II	7958	1:49.3	267.9			
47	Pete Jain	M	Free Spirits IV	7953	1:49.4	267.4			
48	j.d	M	MAD II	7939	1:49.6	266.0	33 pts	AAPaul Buchanan (H)	Joe A Keating (L)
49	Odd G, Aarrestad	m	Free Spirits I	7924	1:49.8	264.5		Jason McCormack (H)	Helen Floyd (F)
50	Johan Eklund	M	Rote 87 RK I	7918	1:49.9	263.8		d stansfield (H)	
51	Joe Clark	m	Sub 7 II	7916	1:49.9	263.6			
52	Joe Lohman	M	Free Spirits IV	7902	1:50.1	262.3			
53	Kay Bieri	M	C2TweetCrew I	7897	1:50.2	261.8			
54	DLCGazW	M	DLCBromsgrove I	7883	1:50.4	260.4			
55	André Budzien	M	SYC Rowing Crew I	7878	1:50.4	259.9			
56	Graham Todd	M	Team Oarsome II	7848	1:50.9	256.9	31 pts	Matt B Brown (H)	Will Haskell (L)
57	Huw Thomas	M	Free Spirits IV	7848	1:50.9	256.9		Wiecher (H)	Grace Malacrida (F)
58	Alan McLaughlin	M	Sub 7 IV	7846	1:50.9	256.7		Frank Noorlander (H)	
59	Andv 1 Pearce	M	C2TweetCrew II	7830	1:51.1	255.1			
								Will K-T (bewdleywill) (H)	Graham Moss (L)
								david blanksby (H)	Jackie Hicks (F)

Rank	Name	Team	Time	Score	Score	Score
60	DLCPhillM	M	DLCBromsgrove I	7821	1:51.2	254.3
61	Aleksei Lipintsov	m	Soudespinning Estonia I	7806	1:51.5	252.8
62	Wiecher	M	Forum Flyers II	7803	1:51.5	252.5
63	Robert Alderson	M	Taff Attack Racing I	7797	1:51.6	251.9
64	gregsmith01748	M	Free Spirits V	7796	1:51.6	251.8
65	Mark Keown	M	Age Without Limits I	7794	1:51.6	251.6
66	Ralf Achenbach	M	C2TweetCrew II	7786	1:51.7	250.9
67	Richard Young	M	Empty the Tanks I	7772	1:51.9	249.5
68	Steve Berridge	m	Sub 7 III	7748	1:52.3	247.2
69	Aivar Vaus	M	Soudespinning Estonia I	7742	1:52.4	246.6
70	Rocketman	M	Team Oarsome III	7726.7	1:52.6	245.2
71	Frank Noorlander	M	Forum Flyers II	7708	1:52.9	243.4
72	Phil Tilley	M	Taff Attack Racing I	7703	1:52.9	242.9
73	David Junta	M	RowPro Rowers II	7701	1:53.0	242.7
74	Si Wilson Storey	M	DLC Gidea Park I	7697	1:53.0	242.4
75	Wim Oosterveld	M	C2TweetCrew II	7694	1:53.1	242.1
76	J Carlos Castro	M	C2TweetCrew III	7692	1:53.1	241.9
77	Jüri Ellen	M	Soudespinning Estonia II	7687	1:53.2	241.4
78	Seb Miller	M	Free Spirits V	7685	1:53.2	241.2
79	stupefaction	M	Team Oarsome III	7681	1:53.3	240.9
80	Steve Smith	M	Free Spirits V	7678	1:53.3	240.6
81	Larry Tait	M	RowPro Rowers II	7675	1:53.4	240.3
82	Ant Stansbie	M	Sub 7 IV	7672	1:53.4	240.0
83	Dave Speed	M	Team Oarsome III	7659	1:53.6	238.8
84	Nigel Farmer	M	Forum Flyers III	7653	1:53.7	238.2
85	Lindsayh	M	Forum Flyers III	7653	1:53.7	238.2
86	Jon Goodall	M	Team Oarsome II	7651	1:53.7	238.0
87	Gregory Cook II	m	Team Oarsome II	7633	1:54.0	236.4
88	graham fisher	M	Sub 7 V	7631	1:54.0	236.2
89	Mike Pearce (MPx)	M	Sub 7 V	7624	1:54.1	235.5
90	Aivar Vähi	M	Soudespinning Estonia II	7612	1:54.3	234.4
91	Jean-Marc Hurni	M	Age Without Limits I	7610	1:54.3	234.2
92	Kevo	m	Taff Attack Racing I	7609	1:54.3	234.1
93	Andy Burrows	M	Team Oarsome IV	7605	1:54.4	233.8
94	mbankes	M	Sub 7 V	7597	1:54.5	233.0
95	Mike Channin (2)	M	Free Spirits VI	7594	1:54.6	232.8
96	billwright	M	Free Spirits VI	7584	1:54.7	231.8
97	Dimos	m	Sub 7 IV	7580	1:54.8	231.5
98	Iain Laird	M	Sub 7 VI	7580	1:54.8	231.5
99	alan wisniewski	M	Free Spirits VI	7575	1:54.9	231.0
100	TimDAV8	M	Sub 7 VI	7569	1:54.9	230.5
101	macroth	M	Forum Flyers III	7564	1:55.0	230.0
102	snavebelac	M	Sub 7 VI	7556	1:55.1	229.3
103	GeorgeBingham	M	Sub 7 VII	7550	1:55.2	228.7
104	Henri Kaasik-Aaslav	M	Soudespinning Estonia II	7545	1:55.3	228.3
105	Rick James	M	Sub 7 VII	7543	1:55.3	228.1
106	John Ferdinando	m	Forum Flyers I	7533	1:55.5	227.2
107	Steve Ockerby	M	Forum Flyers IV	7530	1:55.5	226.9
108	Graham Moss	m	Independent I	7508	1:55.9	224.9
109	Craig Hudson	M	Independent I	7503	1:56.0	224.5
110	Paul Gould	M	Free Spirits VII	7499	1:56.0	224.1
111	Ash	M	Team Oarsome IV	7499	1:56.0	224.1
112	Maurice O'Kane	M	Paddy Power II	7494	1:56.1	223.7
113	Roadrunner389	m	RowPro Rowers I	7491	1:56.1	223.4
114	Rob J Wilson	m	Sub 7 V	7487	1:56.2	223.1
115	sprotte	m	SYC Rowing Crew I	7487	1:56.2	223.1
116	John Giles	M	Empty the Tanks I	7486	1:56.2	223.0
117	DJMarks	M	Paddy Power II	7479	1:56.3	222.4
118	Paul Duncan	M	Sub 7 VII	7477	1:56.4	222.2
119	Mario 'Spitfire' Marks	m	Sub 7 VI	7477	1:56.4	222.2
120	Gregg Vance	M	RowPro Rowers II	7475	1:56.4	222.0
121	Will Haskell	m	Forum Flyers II	7475	1:56.4	222.0
122	Bill Wakeley	m	RowPro Rowers II	7467	1:56.5	221.3
123	Mark B	m	Riverway RC I	7465	1:56.5	221.1
124	Simon Lake	M	Sub 7 VIII	7461	1:56.6	220.8
125	Barry Dussault	m	C2TweetCrew I	7456	1:56.7	220.3
126	Oranj	m	Independent II	7454	1:56.7	220.1
127	Peeter Rakitin	M	Soudespinning Estonia III	7453	1:56.7	220.0
128	Herman de Boer	m	C2TweetCrew II	7438	1:57.0	218.7
129	Iain C	M	Sub 7 VIII	7437	1:57.0	218.6
130	Ian Dowgill	m	Independent II	7430	1:57.1	218.0
131	Hannah Hawkins	F	Team Oarsome I	7421	1:57.2	217.2
132	Keith Pacey	M	Paddy Power II	7387	1:57.8	214.2
133	Robert Mayes	M	DLC Gidea Park I	7385	1:57.8	214.1
134	Rowland Hills	M	Sub 7 VIII	7384	1:57.8	214.0
135	Johan Hoeke	m	C2TweetCrew III	7376	1:58.0	213.3
136	Dan Apps	M	Free Spirits VII	7366	1:58.1	212.4
137	Matthew Manser	M	Riverway RC I	7365	1:58.1	212.3
138	Borut Hafner	m	C2TweetCrew III	7359	1:58.2	211.8
139	Anne Bourlioux	F	RowPro Rowers I	7358	1:58.2	211.7
140	Karin Poels	F	RowPro Rowers II	7354	1:58.3	211.4
141	Jef 76k+	M	Sub 7 IX	7354	1:58.3	211.4
142	Richard Elg	M	Rote 87 RK I	7354	1:58.3	211.4
143	Little Chris	m	The Banana Boat I	7352	1:58.3	211.2
144	Gary Campbell	M	Sub 7 IX	7351	1:58.4	211.1
145	Pier Nijenhuis	m	RowPro Rowers III	7345	1:58.4	210.6
146	Les Whitaker	M	RowPro Rowers III	7338	1:58.6	210.0
147	Matt Newman	m	Team Oarsome III	7334	1:58.6	209.7
30 pts	Craig Hudson (H)					
17	RowPro Rowers II					7534.4m
	David Junta (H)				Bill Wakeley (L)	
	Larry Tait (H)				Karin Poels (F)	
29 pts	Gregg Vance (H)					
18	C2TweetCrew II					7500m
	Andy J Pearce (H)				Herman de Boer (L)	
	Ralf Achenbach (H)				Anita Wells (F)	
28 pts	Wim Oosterveld (H)					
19	Free Spirits IV					7499.8m
	Pete Jain (H)				SimonJ (L)	
	Joe Lohman (H)				Jane Daffern (F)	
27 pts	Huw Thomas (H)					
20	Sub 7 V					7436.2m
	graham fisher (H)				Rob J Wilson (L)	
	Mike Pearce (MPx) (H)				Carol Woodward (F)	
26 pts	mbankes (H)					
21	Forum Flyers III					7411.8m
	Nigel Farmer (H)				roadrunner (L)	
	Lindsayh (H)				Debbie Barber (F)	
25 pts	macroth (H)					
22	Sub 7 VI					7396.2m
	Iain Laird (H)				Mario 'Spitfire' Marks (L)	
	TimDAV8 (H)				Marjorie (F)	
24 pts	snavebelac (H)					
23	Team Oarsome III					7371.5m
	Rocketman (H)				Matt Newman (L)	
	stupefaction (H)				Arlene Wade (TO) (F)	
23 pts	Dave Speed (H)					
24	Rote 87 RK I					7351.8m
	Johan Eklund (H)				Conny J. (L)	
	Richard Elg (H)				Jenna Ramsin Eklund (F)	
22 pts	Thomas Poppen (H)					
25	Soudespinning Estonia II					7310.6m
	Jüri Ellen (H)				Sven Selvnik (L)	
	Aivar Vähi (H)				Kadi Kroon-Laur (F)	
21 pts	Henri Kaasik-Aaslav (H)					
26	DLC Gidea Park I					7308.8m
	Si Wilson Storey (H)				Mike Brownjohn (L)	
	Robert Mayes (H)				Amy Stewart (F)	
20 pts	MikeyW (H)					
27	DLCBromsgrove I					7308m
	DLCGazW (H)				DLCAndyW (L)	
	DLCPhillM (H)				DLCsueT (F)	
19 pts	DLCIanN (H)					
28	Sub 7 VII					7302m
	GeorgeBingham (H)				Richard Hall (L)	
	Rick James (H)				janet vorberg (F)	
18 pts	Paul Duncan (H)					
29	Free Spirits V					7231.4m
	gregsmith01748 (H)				Pedro Cabrita (L)	
	Seb Miller (H)				Trish Wright (F)	
17 pts	Steve Smith (H)					
30	C2TweetCrew III					7218m
	J Carlos Castro (H)				Borut Hafner (L)	
	William Gooner Hawkins (H)				Pat Coyle (F)	
16 pts	Johan Hoeke (L)					
31	Sub 7 VIII					7216.6m
	Simon Lake (H)				Planky (L)	
	Iain C (H)				Margo James (F)	
15 pts	Rowland Hills (H)					
32	Forum Flyers IV					7167.6m
	Steve Ockerby (H)				Rick Bayko (L)	
	rjw (H)				Ellie Brown (F)	
14 pts	Chris Whale (H)					
33	RowPro Rowers III					7166.8m
	Les Whitaker (H)				Catherine Sutherland (L)	
	Ruud Jackel (H)				Carolyn Gersh (F)	
13 pts	Pier Nijenhuis (L)					
34	Free Spirits VI					7141m
	Mike Channin (2) (H)				Peter Tullett (L)	
	billwright (H)				clareburrell (F)	
12 pts	alan wisniewski (H)					
35	Age Without Limits I					7133.2m
	Mark Keown (H)				Rose Metall (L)	
	Jean-Marc Hurni (H)				pollys (F)	
11 pts	Steve Motzny (H)					
36	Sub 7 IX					7126.6m
	Jef 76k+ (H)				Dougie Lawson (L)	
	Gary Campbell (H)				ruthb (F)	
10 pts	Mark Lindstrom SHO (H)					
37	Paddy Power II					7045.8m
	Maurice O'Kane (H)				Kevin Blair (L)	
	DJMarks (H)				laura pacey (F)	
9 pts	Keith Pacey (H)					
38	Sub 7 X					7013m
	mfc (H)				David Howells (L)	
	Nick Scott (H)				Dona Hall (F)	
8 pts	Gwyn Tegai Roberts (H)					
39	Sub 7 XI					6799m
	Anthony Gothard (H)				chrisifpublic (L)	
	Tory Wanchalerm Charnvises (H)				Dawn Spears (F)	
7 pts	dennis robinson (H)					
40	Free Spirits VII					6784.2m
	Paul Gould (H)				Alan Strang (LWT) (L)	
6 pts	Dan Apps (H)				Gillian Burrell (F)	

237	chrisifpublic	m	Sub 7 XI	6573	2:12.4	150.9
238	Jackie Hicks	F	Independent I	6561	2:12.6	150.1
239	Pat Coyle	F	C2TweetCrew III	6541	2:13.0	148.7
240	Katri Mägi	F	Söudespinning Estonia III	6540	2:13.0	148.7
241	Georgina Price	F	Forum Flyers V	6476	2:14.3	144.4
242	Helen Floyd	F	Paddy Power I	6472	2:14.4	144.1
243	DLCDanieM	m	DLCBromsgrove II	6466	2:14.5	143.7
244	Terry Mason	M	DLC Gidea Park II	6458	2:14.7	143.2
245	Arlene Wade (TO)	f	Team Oarsome III	6457	2:14.7	143.1
246	Bryan Tapsell	m	Sub 7 XII	6452	2:14.8	142.8
247	DLCSueT	F	DLCBromsgrove I	6445	2:15.0	142.3
248	Dave Moores (FF)	M	Forum Flyers VI	6443	2:15.0	142.2
249	Kay Hughes	F	Team Oarsome IV	6422	2:15.5	140.8
250	Peter Hicking	M	Empty the Tanks I	6412	2:15.7	140.1
251	DLCALice	F	DLCBromsgrove II	6399	2:16.0	139.3
252	Wayne Chase	M	The Banana Boat I	6391	2:16.1	138.7
253	Dona Hall	F	Sub 7 X	6357	2:16.9	136.5
254	Dawn Spears	F	Sub 7 XI	6353	2:16.9	136.3
255	Trish Wright	f	Free Spirits V	6311	2:17.9	133.6
256	Jenna Ramsin Eklund	f	Rote 87 RK I	6308	2:17.9	133.4
257	Roger Burrell	m	Free Spirits VIII	6302	2:18.1	133.0
258	clafeburrell	f	Free Spirits VI	6301	2:18.1	133.0
259	dlcSuziL	F	DLCBromsgrove II	6254	2:19.1	130.0
260	Birkyboy	m	Sub 7 XIII	6248	2:19.2	129.6
261	Merike Haide	F	Söudespinning Estonia IV	6193	2:20.5	126.2
262	Albert Kemp	m	Sub 7 XIII	6148	2:21.5	123.5
263	pollys	F	Age Without Limits I	6148	2:21.5	123.5
264	Susan Young	F	Sub 7 XII	6144	2:21.6	123.3
265	David Bass	M	Empty the Tanks II	6139	2:21.7	123.0
266	dlcJulieR	f	DLCBromsgrove II	6083	2:23.0	119.6
267	Tim Kirkham	m	The Banana Boat I	6055	2:23.7	118.0
268	laura pacey	F	Paddy Power II	5981	2:25.5	113.7
269	Jackie Gill	F	The Banana Boat I	5976	2:25.6	113.4
270	Jamie Kirkham	m	The Banana Boat II	5971	2:25.7	113.1
271	DLCTomM	m	DLCBromsgrove II	5969	2:25.8	113.0
272	Caroline Joynson	f	Empty the Tanks I	5962	2:25.9	112.6
273	Becky Castro	F	C2TweetCrew IV	5898	2:27.5	109.0
274	Dan Farmer	m	Forum Flyers VI	5783	2:30.4	102.8
275	Pat Doody	F	The Banana Boat II	5661	2:33.7	96.4
276	Charles Morley	M	Sub 7 XIII	5633	2:34.4	95.0
277	Jenny Woodford	F	DLC Gidea Park II	5396	2:41.2	83.5
278	Kim Kirkham	f	The Banana Boat II	5329	2:43.3	80.4
279	warriorwoman	F	Sub 7 XIII	5309	2:43.9	79.5
280	mjpermuth	f	Age Without Limits II	5234	2:46.2	76.2
281	Gillian Burrell	f	Free Spirits VII	5186	2:47.8	74.1
282	Katy Kirkham	f	The Banana Boat II	4564	3:10.6	50.5
283	Keisha Kirkham	f	The Banana Boat II	3772	3:50.6	28.5

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Site written by Daren Chandisingh. Please post any problems on the UK Concept 2 forum.

