



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

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Nov 2014 - The Sub 7 Triple 7 Up or Down Ladder

This challenge was chosen by SUB7.
It's a mix'n'match challenge

Option #1
Row 777m - 666m - 555m - 444m - 333m - 222m - 111m with two minutes rest

Option #2
Row 111m - 222m - 333m - 444m - 555m - 666m - 777m with two minutes rest

Option #3
Row a straight 3108m

Record your total time (not including the rests) for 3108m.

Unrestricted rate. Rolling start allowed other than for the first interval.

The December challenge will be chosen by the Age Without Limits team

See the [ISS forum thread](#) for details.

Most Recent Entries

Date	Name	Cat	Team	Result
2014-12-02	André Budzien	MHWT	SYC Rowing Crew	<i>10:45.7</i>
2014-12-01	Jerry G	MLWT	Paddy Power	11:51.5
2014-11-30	Warren Matthews	MHWT	Sub 7	10:12.8
2014-11-30	Martin Pennel	MLWT	Sub 7	10:24.3
2014-11-30	Ali Bayford	FHWT	Sub 7	14:01.0

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		
1	Sam Blythe	M	Fitness Matters I	9:04.1	1:27.5	521.9	1	MAD I
2	rich pruyt	M	Forum Flyers I	9:10.0	1:28.5	505.3		Dave Marshall (H) Mark Mitchell (L)
3	Dave Marshall	M	MAD I	9:18.9	1:29.9	481.5		Matt Hellier (H) Anna Lewis (F)
4	Shaun Gibbs	M	Sub 7 I	9:22.6	1:30.5	472.1	80 pts	Rich Blagrove (H)
5	Matt Hellier	M	MAD I	9:22.7	1:30.5	471.8		2
6	Rich Blagrove	M	MAD I	9:23.6	1:30.7	469.6		Sub 7 I
7	Matt Vanstone	M	Sub 7 I	9:23.9	1:30.7	468.8		Shaun Gibbs (H) David Byrnes (L)
8	Dirk Möller	M	Forum Flyers I	9:25.4	1:31.0	465.1	79 pts	Matt Vanstone (H) Kristi Stoddard (F)
9	Henri Casseleux	M	FIRT I	9:28.3	1:31.4	458.0		Casey Clarke (H)
10	Alex Ross	M	RowPro Rowers I	9:28.8	1:31.5	456.8		3
11	Stewart Wyllie	M	RowPro Rowers I	9:30.4	1:31.8	453.0		RowPro Rowers I
12	Liefcat	M	Free Spirits I	9:32.4	1:32.1	448.2	78 pts	Alex Ross (H) Ryan Hosking (L)
13	Shane Kingsland	M	Fitness Matters I	9:33.0	1:32.2	446.8		Stewart Wyllie (H) Anne Bourlioux (F)
14	Lloyd Gilby	M	Fitness Matters I	9:35.9	1:32.6	440.1		Sergio Botti (H)
15	Simon Gough	M	Team Oarsome I	9:36.3	1:32.7	439.2	77 pts	4
16	Casey Clarke	M	Sub 7 I	9:36.8	1:32.8	438.1		Forum Flyers I
17	Jean-Charles RS	M	FIRT I	9:37.5	1:32.9	436.5		rich pruyt (H) Chris FF (L)
18	j.d	M	MAD II	9:37.9	1:33.0	435.6		Dirk Möller (H) Taru Calonius (F)
19	Richard Cheeseman	M	Sub 7 II	9:38.3	1:33.0	434.7	76 pts	hjs (H)
20	hjs	M	Forum Flyers I	9:38.9	1:33.1	433.3		5
21	Phil Hoyle	M	C2TweetCrew I	9:39.5	1:33.2	432.0		FIRT I
22	macroth	M	Forum Flyers II	9:40.5	1:33.4	429.7		Henri Casseleux (H) js.kls (L)
23	Gary Curtis	M	Independent I	9:40.8	1:33.4	429.1		Jean-Charles RS (H) Edwige A (F)
24	Mark Mitchell	m	MAD I	9:41.2	1:33.5	428.2		R2C2 (H)
25	Pete Marston	M	MAD II	9:41.6	1:33.6	427.3		6
26	Andrew Mudge	M	Sub 7 II	9:42.2	1:33.7	426.0		MAD II
27	Blanksby	M	Independent I	9:43.0	1:33.8	424.2		j.d (H) Chris Mizen. (L)
28	Walter Zagzebski	M	Sub 7 II	9:43.1	1:33.8	424.0		Pete Marston (H) Rachel Harris (F)
29	Jonathan Davis	M	Free Spirits I	9:43.5	1:33.9	423.1		Simon Handley (H)
30	R2C2	M	FIRT I	9:44.7	1:34.1	420.5		7
31	GukU	M	FIRT II	9:44.9	1:34.1	420.1		Sub 7 II
32	Sergio Botti	M	RowPro Rowers I	9:45.0	1:34.1	419.9		Richard Cheeseman (H) Markku Henriksson (L)
33	Mark Powell	M	Sub 7 III	9:45.2	1:34.1	419.5	74 pts	Andrew Mudge (H) Emily Newton (F)
34	Scott Kevin	M	FIRT II	9:45.6	1:34.2	418.6		Walter Zagzebski (H)
35	David Byrnes	m	Sub 7 I	9:47.5	1:34.5	414.6		8
36	David Scott	M	Sub 7 III	9:48.7	1:34.7	412.0		Fitness Matters I
37	js.kls	m	FIRT I	9:48.9	1:34.7	411.6		Sam Blythe (H) Mike KM Beard (L)
38	Lee Waddon	M	Fitness Matters II	9:48.9	1:34.7	411.6		Shane Kingsland (H) A Blythe (F)
39	Simon Handley	M	MAD II	9:48.9	1:34.7	411.6		Lloyd Gilby (H)
40	Vivien Marmelat	M	FIRT II	9:49.7	1:34.9	409.9		9
41	Vincent noirot	M	FIRT III	9:49.8	1:34.9	409.7		FIRT II
42	Jeff Gay	M	Paddy Power I	9:50.1	1:34.9	409.1		GukU (H) david FROC (L)
43	Charles Anderson	M	C2TweetCrew I	9:50.9	1:35.1	407.4		Scott Kevin (H) Tara (F)
44	Martin Still	M	Sub 7 III	9:52.3	1:35.3	404.6		Vivien Marmelat (H)
45	Johnny Kolster	M	Sub 7 IV	9:53.0	1:35.4	403.1		10
46	andre.colautti	M	FIRT III	9:53.2	1:35.4	402.7		Team Oarsome I
47	haaico	M	Free Spirits I	9:53.5	1:35.5	402.1		Simon Gough (H) Steve Roedde (L)
48	Johan Eklund	M	Rote 87 RK I	9:53.5	1:35.5	402.1		Dave Chmilstovskij (H) Hannah Hawkins (F)
49	Ian AllenS7	M	Sub 7 IV	9:53.7	1:35.5	401.7		Gregory Cook II (L)
50	Will RH	M	Sub 7 IV	9:54.1	1:35.6	400.9		11
51	hr	M	Free Spirits II	9:54.5	1:35.6	400.1		Sub 7 III
52	Alan Thomas	M	Sub 7 V	9:54.5	1:35.6	400.1		Mark Powell (H) Jens Kristian Dam (L)
53	Julian Warrick	M	Fitness Matters II	9:54.6	1:35.7	399.9		David Scott (H) Tracy Watkins (F)
54	Ryan Hosking	m	RowPro Rowers I	9:54.9	1:35.7	399.3		Martin Still (H)
55	Jon Goodall	M	MAD III	9:55.1	1:35.7	398.9		12
56	Howard Brammer	M	Fitness Matters II	9:56.3	1:35.9	396.5		Free Spirits I
57	Robert Jones	M	Sub 7 V	9:56.5	1:36.0	396.1		Liefcat (H) John Steventon (L)
58	Hewitt	M	Free Spirits II	9:56.7	1:36.0	395.7		Jonathan Davis (H) Barbara H (F)
							68 pts	haaico (H)
								13
								FIRT III
								Vincent noirot (H) Mercier (L)
								andre.colautti (H) adeline (F)
								bruce (H)
								14
								Sub 7 IV
								Johnny Kolster (H) Stuart Jackson (L)
								Ian AllenS7 (H) Jo Andrews (F)
								Will RH (H)
								15
								Forum Flyers II
								macroth (H) Will Haskell (L)
								Hillclimber (H) LisO FF (F)

59	Glynn Powell	M	Sub 7 V	9:58.2	1:36.2	392.7	Mark Christie (H)	
60	thornmaster	M	Free Spirits II	9:58.4	1:36.3	392.3	16 Sub 7 V	
61	Dave Chmilowskyj	M	Team Oarsome I	9:59.0	1:36.4	391.1	Alan Thomas (H)	Steve Berridge (L)
62	Arwed Egger	M	RowPro Rowers II	9:59.3	1:36.4	390.5	Robert Jones (H)	Marjorie (F)
63	Markku Henriksson	m	Sub 7 II	9:59.5	1:36.4	390.2	Glynn Powell (H)	
64	danfennell	M	Free Spirits III	9:59.6	1:36.5	390.0	17 FIRT IV	
65	bruce	M	FIRT III	10:00.0	1:36.5	389.2	Gaël SAGON (H)	Jean-Pierre GORIN (L)
66	Hillclimber	M	Forum Flyers II	10:00.0	1:36.5	389.2	pichenot.sylvain (H)	Rabinowitch Lea (F)
67	Mark Christie	M	Forum Flyers II	10:00.6	1:36.6	388.0	EriCl (H)	
68	Odd Ivar Lindland	M	Fitness Matters III	10:00.9	1:36.7	387.4	18 Sub 7 VI	
69	Christopher Ryan	M	Free Spirits III	10:01.2	1:36.7	386.9	Mike Beauchamp (H)	sam white the reall one (L)
70	Chris Mizen.	m	MAD II	10:01.9	1:36.8	385.5	Richard Steventon (H)	Carol Woodward (F)
71	Gaël SAGON	M	FIRT IV	10:01.9	1:36.8	385.5	Harry Wilkes (H)	
72	Bjorn_Stensheim	M	RowPro Rowers II	10:02.9	1:37.0	383.6	19 C2TweetCrew I	
73	Mike Beauchamp	M	Sub 7 VI	10:02.9	1:37.0	383.6	Phil Hoyle (H)	Herman de Boer (L)
74	pichenot.sylvain	M	FIRT IV	10:03.1	1:37.0	383.2	Charles Anderson (H)	Samantha Wangsgard (F)
75	Richard Steventon	M	Sub 7 VI	10:03.4	1:37.1	382.6	Adam Mell (H)	
76	Martin FF	M	Forum Flyers III	10:03.6	1:37.1	382.3	20 Free Spirits II	
77	Harry Wilkes	M	Sub 7 VI	10:03.9	1:37.2	381.7	rhr (H)	SanderJRoosendaal (L)
78	EricL	M	FIRT IV	10:04.7	1:37.3	380.2	Hewitt (H)	Laura Fairbairn (F)
79	Jens Kristian Dam	m	Sub 7 III	10:07.0	1:37.7	375.9	thornmaster (H)	
80	Mark Lysons	M	Red Line Rowers I	10:07.3	1:37.7	375.3	21 Paddy Power I	
81	Mike Channin (Tribesports)	M	Tribesports I	10:08.3	1:37.9	373.5	Jeff Gay (H)	Colin O'Neill (L)
82	sebastien rodriguez	m	FIRT V	10:08.3	1:37.9	373.5	Jason McCormack (H)	Lucy OB (F)
83	Conny J.	m	Rote 87 RK I	10:09.0	1:38.0	372.2	Paosullivan (H)	
84	Little Chris	m	The Banana Boat I	10:09.2	1:38.0	371.8	22 FIRT V	
85	Andy Parkes	M	Gee Crew I	10:09.9	1:38.1	370.5	sebastien rodriguez (H)	Christos dimo (L)
86	Amadee Pelgrim	M	RowPro Rowers II	10:10.7	1:38.2	369.1	JFF.54 (H)	Virginie TELLIEZ (F)
87	Gregory Cook II	m	Team Oarsome I	10:11.8	1:38.4	367.1	Tjololo (H)	
88	Warren Matthews	M	Sub 7 VII	10:12.8	1:38.6	365.3	23 Sub 7 VII	
89	JFF.54	M	FIRT V	10:12.9	1:38.6	365.1	Warren Matthews (H)	Martin Pennel (L)
90	Steven Richie	M	Sub 7 VII	10:13.0	1:38.6	364.9	Steven Richie (H)	Francesca Flateland (F)
91	John Steventon	m	Free Spirits I	10:13.7	1:38.7	363.7	_Giles Clarke [S7] (H)	
92	_Giles Clarke [S7]	M	Sub 7 VII	10:14.8	1:38.9	361.7	24 Free Spirits III	
93	Gene Shue	M	Sub 7 VIII	10:14.9	1:38.9	361.6	danfennell (H)	Kirbyt (L)
94	W de Jong	M	Forum Flyers III	10:15.0	1:38.9	361.4	Christopher Ryan (H)	Julie Steventon (F)
95	Steve Roedde	m	Team Oarsome I	10:15.2	1:39.0	361.0	Boris Lewandowski (H)	
96	Tjololo	M	FIRT V	10:15.6	1:39.0	360.3	25 RowPro Rowers II	
97	Jason McCormack	M	Paddy Power I	10:15.9	1:39.1	359.8	Bjorn_Stensheim (H)	Arwed Egger (L)
98	david FROC	m	FIRT II	10:16.7	1:39.2	358.4	Amadee Pelgrim (H)	Jessica Janzen (F)
99	Alexis fourmont	M	FIRT VI	10:16.8	1:39.2	358.2	Doug Rolland (H)	
100	Mercier	m	FIRT III	10:17.1	1:39.3	357.7	26 Independent I	
101	Mark Bower	M	Empty the Tanks I	10:17.3	1:39.3	357.4	Gary Curtis (H)	Oranj (L)
102	Nigel Farmer	M	Forum Flyers III	10:17.6	1:39.4	356.8	Blanksby (H)	Jackie Hicks (F)
103	Frank Noorlander	M	Forum Flyers IV	10:17.7	1:39.4	356.7	Ian Witt (H)	
104	Boris Lewandowski	M	Free Spirits III	10:17.8	1:39.4	356.5	27 FIRT VI	
105	gregsmith01748	M	Free Spirits IV	10:18.6	1:39.5	355.1	Alexis fourmont (H)	Fabien Fayel (L)
106	Stuart Jackson	m	Sub 7 IV	10:18.7	1:39.5	354.9	Julien ADAN (H)	Pauline Kozak (F)
107	Steve Berridge	m	Sub 7 V	10:18.8	1:39.5	354.8	Remy Coubel (H)	
108	Ben M	M	Tribesports I	10:19.3	1:39.6	353.9	28 Forum Flyers III	
109	Julien ADAN	M	FIRT VI	10:19.5	1:39.7	353.6	Martin FF (H)	Glen Rhook (L)
110	Chris FF	m	Forum Flyers I	10:19.5	1:39.7	353.6	W de Jong (H)	Maryanne Maguire (F)
111	Paosullivan	M	Paddy Power I	10:19.6	1:39.7	353.4	Nigel Farmer (H)	
112	SanderJRoosendaal	m	Free Spirits II	10:20.1	1:39.8	352.5	29 Tribesports I	
113	Andy Burrows	M	Team Oarsome II	10:20.2	1:39.8	352.4	Mike Channin (Tribesports) (H)	Alan Strang (TS) (L)
114	Matt B Brown	M	Forum Flyers IV	10:20.8	1:39.9	351.4	Ben M (H)	Victoria Starr (F)
115	Mark Dickinson	M	Fitness Matters III	10:21.0	1:39.9	351.0	Smithy (H)	
116	sam white the reall one	m	Sub 7 VI	10:21.3	1:40.0	350.5	30 Sub 7 VIII	
117	Lindsayh	M	Forum Flyers IV	10:21.5	1:40.0	350.2	Gene Shue (H)	Planky (L)
118	Matthew Tilt	M	Fitness Matters III	10:23.2	1:40.3	347.3	Andy Townsend (H)	Jet Ski Lady (F)
119	Graham Todd	M	Team Oarsome II	10:23.3	1:40.3	347.1	schuey (H)	
120	Andy Townsend	M	Sub 7 VIII	10:24.0	1:40.4	346.0	31 Rote 87 RK I	
121	Martin Pennel	m	Sub 7 VII	10:24.3	1:40.4	345.5	Johan Eklund (H)	Conny J. (L)
122	William Knapp	M	Bexhill Rowing Club I	10:24.5	1:40.5	345.1	D Wiklander (H)	Marita Andersson (F)
123	Remy Coubel	M	FIRT VI	10:25.0	1:40.5	344.3	Thomas Poppen (H)	
124	Ian Witt	M	Independent I	10:25.4	1:40.6	343.7	32 FIRT VII	
125	Lewis Sealy	M	Bexhill Rowing Club I	10:25.4	1:40.6	343.7	attieh crossfit (H)	Alain mangin (L)
126	Jean-Pierre GORIN	m	FIRT IV	10:25.4	1:40.6	343.7	beaufils fred (H)	chuniaud severine (F)
127	Mark Keown	M	Age Without Limits I	10:26.7	1:40.8	341.5	Pierre LGM (H)	
128	Paul Victory	M	Free Spirits IV	10:26.7	1:40.8	341.5	33 Forum Flyers IV	
129	Smithy	M	Tribesports I	10:27.7	1:41.0	339.9	Frank Noorlander (H)	John Ferdinando (L)
130	attieh crossfit	M	FIRT VII	10:28.3	1:41.1	338.9	Matt B Brown (H)	rowingkiwi (F)
131	schuey	M	Sub 7 VIII	10:28.3	1:41.1	338.9	Lindsayh (H)	
132	Colin O'Neill	m	Paddy Power I	10:29.2	1:41.2	337.5	34 Sub 7 IX	
133	marke FF	M	Forum Flyers V	10:30.1	1:41.4	336.0	bakudaina1 (H)	bojam (L)
134	beaufils fred	M	FIRT VII	10:30.3	1:41.4	335.7	Aaron Lancaster (H)	Kerri Christensen (F)
135	David Whale	M	Forum Flyers V	10:30.7	1:41.5	335.1	Sean McGuigan (H)	
136	Planky	m	Sub 7 VIII	10:30.7	1:41.5	335.1	35 FIRT VIII	
137	Pierre LGM	M	FIRT VII	10:31.1	1:41.5	334.4	olivier mesnil (H)	Berceron gilles (L)
138	Kirbyt	m	Free Spirits III	10:31.4	1:41.6	334.0	Aurelien USV (H)	vahranian.clara (F)
139	D Wiklander	M	Rote 87 RK I	10:31.9	1:41.7	333.2	Gerard COUSIN (H)	
140	Party Marty	m	Bexhill Rowing Club I	10:32.2	1:41.7	332.7	36 Forum Flyers V	
141	Rolf Boers	M	Forum Flyers V	10:32.3	1:41.7	332.5	marke FF (H)	Nick Mallory (L)
142	Anna Lewis	F	MAD I	10:33.1	1:41.9	331.3	David Whale (H)	Debbie Barber (F)
143	olivier mesnil	M	FIRT VIII	10:33.1	1:41.9	331.3	Rolf Boers (H)	
144	bakudaina1	M	Sub 7 IX	10:33.2	1:41.9	331.1	37 Sub 7 X	
145	Doug Rolland	M	RowPro Rowers II	10:34.0	1:42.0	329.9	_Rowland Hills [S7] (H)	Nigel Brockton (L)
146	Aurelien USV	M	FIRT VIII	10:34.1	1:42.0	329.7	_Richard Campos [S7] (H)	Naomi Fielder (F)
147	Aaron Lancaster	M	Sub 7 IX	10:34.6	1:42.1	328.9	Turbo (L)	
148	Gerard COUSIN	M	FIRT VIII	10:34.8	1:42.1	328.6	38 Gee Crew I	
149	bojam	m	Sub 7 IX	10:35.3	1:42.2	327.8	Andy Parkes (H)	Edward Taylor (L)
150	Sean McGuigan	M	Sub 7 IX	10:35.8	1:42.3	327.1	Nick Fielding (H)	Natalie Silverstone (F)
151	Adam Mell	M	C2TweetCrew I	10:35.8	1:42.3	327.1	Jim Head (L)	
152	_Rowland Hills [S7]	M	Sub 7 X	10:37.2	1:42.5	324.9	39 FIRT IX	
153	Turbo	m	Sub 7 X	10:37.7	1:42.6	324.2	JEFF JANEAU (H)	bougli13008 (L)
154	Nigel Brockton	m	Sub 7 X	10:37.7	1:42.6	324.2	Mikelyon (H)	Baron peggy (F)
155	JEFF JANEAU	M	FIRT IX	10:38.0	1:42.6	323.7	Gaetan Lys (H)	
156	Christos dimo	m	FIRT V	10:39.6	1:42.9	321.3	40 Free Spirits IV	
							gregsmith01748 (H)	RGelissen (L)
							Paul Victory (H)	Jane Daffern (F)
							alan wisniewski (H)	
							41 Sub 7 XI	
							Andy Osborn (H)	Ken Fairley (L)
							Dan Davis (H)	Jenn Davis (F)
							Nick Scott (H)	

255 Rodolphe Janodet	m	FIRT XII	11:14.9	1:48.6	273.5
256 Victoria Starr	F	Tribesports I	11:15.2	1:48.6	273.1
257 Richie Fallows	M	DLC Gidea Park II	11:15.2	1:48.6	273.1
258 Mark Cawthorne	M	Free Spirits VI	11:16.2	1:48.8	271.9
259 Yan USV	M	FIRT XII	11:16.5	1:48.8	271.5
260 BradT2 FF	m	Forum Flyers VII	11:16.6	1:48.8	271.4
261 Mike Brownjohn	m	DLC Gidea Park II	11:17.1	1:48.9	270.8
262 LisO FF	F	Forum Flyers II	11:17.1	1:48.9	270.8
263 Johan Hoeke	m	C2TweetCrew II	11:17.5	1:49.0	270.3
264 Alan Strang (TS)	m	Tribesports I	11:17.5	1:49.0	270.3
265 Ali Al Amine	M	Fit Republik I	11:18.0	1:49.1	269.7
266 Joe A Keating	m	Paddy Power III	11:18.1	1:49.1	269.6
267 Cedi Frederick S7	M	Sub 7 XV	11:18.3	1:49.1	269.4
268 Nicholas Verity	M	Sub 7 XVI	11:18.8	1:49.2	268.8
269 Jack Baird	M	Independent II	11:20.0	1:49.4	267.3
270 Andrew Stanway	M	Free Spirits VI	11:20.0	1:49.4	267.3
271 Jean-Marc Hurni	M	Age Without Limits I	11:20.1	1:49.4	267.2
272 Jason Robert Harris	M	Fitness Matters IV	11:20.1	1:49.4	267.2
273 FREELANCE BG PEDRONCELLI G	m	CUS Bergamo I	11:20.4	1:49.5	266.9
274 Matt Lloyd	M	Sub 7 XVI	11:20.9	1:49.5	266.3
275 Philip Sadler	M	DLC Gidea Park II	11:22.6	1:49.8	264.3
276 Borut Hafner	m	C2TweetCrew II	11:23.6	1:50.0	263.1
277 Carlos Rodriguez	m	Sub 7 XIII	11:23.8	1:50.0	262.9
278 Samantha Wangsgard	F	C2TweetCrew I	11:24.2	1:50.1	262.5
279 FREELANCE BG MASSERINI DIEGO	m	CUS Bergamo I	11:24.7	1:50.2	261.9
280 Stephen Gower	M	RowPro Rowers IV	11:25.1	1:50.2	261.4
281 FREELANCE BG LANZONI S	f	CUS Bergamo I	11:26.0	1:50.4	260.4
282 Maurice O'Kane	M	Paddy Power III	11:26.1	1:50.4	260.3
283 WazzaSub75	m	Sub 7 XIV	11:26.6	1:50.5	259.7
284 FREELANCE MN BUOLI ROMANO	M	ROWING CLUB MANTOVA I	11:27.5	1:50.6	258.7
285 Sebastien Chaumiole	M	FIRT XIII	11:27.7	1:50.6	258.5
286 Steve Motzny	M	Age Without Limits I	11:28.3	1:50.7	257.8
287 Christophe COURBET	M	FIRT XIII	11:28.3	1:50.7	257.8
288 Rob Drury	m	Empty the Tanks I	11:28.6	1:50.8	257.5
289 Emily Newton	f	Sub 7 II	11:29.0	1:50.8	257.0
290 AndrewPJones	M	Sub 7 XVI	11:29.4	1:50.9	256.6
291 Rick Bayko	m	Forum Flyers VIII	11:29.7	1:51.0	256.2
292 adeline	F	FIRT III	11:29.8	1:51.0	256.1
293 James Hall jnr	M	Sub 7 XVII	11:30.1	1:51.0	255.8
294 Guy Bealle	M	FIRT XIII	11:30.3	1:51.1	255.6
295 Paul Bryson (TS)	M	Tribesports II	11:31.5	1:51.2	254.2
296 Jonty Leese	M	Sub 7 XVII	11:32.0	1:51.3	253.7
297 Ruud Jackel	M	RowPro Rowers IV	11:32.7	1:51.4	252.9
298 gary la mouette USV	M	FIRT XIII	11:33.7	1:51.6	251.8
299 Andre Hilhorst	M	C2TweetCrew II	11:34.9	1:51.8	250.5
300 Ronan LE LIGEOUR	M	FIRT XIV	11:35.1	1:51.8	250.3
301 Rabinowitch Lea	F	FIRT IV	11:35.4	1:51.9	250.0
302 Tracy Watkins	F	Sub 7 III	11:36.2	1:52.0	249.1
303 Michael B	M	Paddy Power III	11:36.7	1:52.1	248.6
304 Gary Wootton	M	Gee Crew II	11:36.8	1:52.1	248.5
305 Virginie TELLIEZ	f	FIRT V	11:36.8	1:52.1	248.5
306 Peter Tullett	m	Free Spirits VII	11:37.6	1:52.2	247.6
307 Pauline Kozak	F	FIRT VI	11:37.6	1:52.2	247.6
308 Jo Andrews	F	Sub 7 IV	11:37.8	1:52.3	247.4
309 Matt Newman	m	Team Oarsome II	11:40.6	1:52.7	244.5
310 Dan Farmer	m	Forum Flyers VIII	11:42.2	1:53.0	242.8
311 henrik_denmark	M	Sub 7 XVII	11:43.5	1:53.2	241.4
312 Funkyrower	M	Gee Crew II	11:44.7	1:53.4	240.2
313 Jean michel Coupe	M	FIRT XIV	11:44.8	1:53.4	240.1
314 David C	M	Paddy Power III	11:44.8	1:53.4	240.1
315 Marjorie	F	Sub 7 V	11:45.6	1:53.5	239.3
316 Maryanne Maguire	F	Forum Flyers III	11:45.6	1:53.5	239.3
317 Malwina Tritt	f	C2TweetCrew II	11:45.7	1:53.5	239.2
318 A Blythe	F	Fitness Matters I	11:46.3	1:53.6	238.6
319 Kim Calonius	M	Forum Flyers VIII	11:46.6	1:53.7	238.3
320 Chartier.sebastien	M	FIRT XIV	11:46.7	1:53.7	238.2
321 Barbara H	F	Free Spirits I	11:46.9	1:53.7	238.0
322 Richard Hall	M	Sub 7 XVIII	11:50.0	1:54.2	234.9
323 Steve G	m	Forum Flyers VIII	11:50.5	1:54.3	234.4
324 Carol Woodward	f	Sub 7 VI	11:51.4	1:54.4	233.5
325 Jerry G	m	Paddy Power IV	11:51.5	1:54.5	233.4
326 Kay Bieri	M	C2TweetCrew III	11:52.0	1:54.5	232.9
327 FREELANCE MN TOMMASI GIANNI	m	ROWING CLUB MANTOVA I	11:52.3	1:54.6	232.6
328 Richard Courtney	m	DLC Gidea Park III	11:53.7	1:54.8	231.2
329 Napy black	M	FIRT XV	11:53.9	1:54.8	231.0
330 Valerio Pasqua	M	Sub 7 XVIII	11:54.2	1:54.9	230.7
331 Natalie Silverstone	F	Gee Crew I	11:55.2	1:55.1	229.8
332 Lucy OB	f	Paddy Power I	11:55.5	1:55.1	229.5
333 Phil Nolan FS	M	Free Spirits VII	11:55.9	1:55.2	229.1
334 Jenna Paull	f	Gee Crew II	11:57.1	1:55.4	228.0
335 Christophe MATHIEZ	M	FIRT XV	11:57.7	1:55.5	227.4
336 William Gooner Hawkins	M	C2TweetCrew III	11:59.1	1:55.7	226.1
337 Steve Rore	M	Tribesports II	12:01.0	1:56.0	224.3
338 Tom Haig	M	Gee Crew II	12:04.0	1:56.5	221.5
339 FREELANCE MN EMMA NICOLA	M	ROWING CLUB MANTOVA I	12:04.3	1:56.5	221.2
340 Ralf Achenbach	M	C2TweetCrew III	12:05.5	1:56.7	220.1
341 chuniaux severine	f	FIRT VII	12:05.9	1:56.8	219.8
342 fontaine.voncent	F	FIRT XV	12:06.7	1:56.9	219.0
343 Francesca Flateland	F	Sub 7 VII	12:07.0	1:57.0	218.8
344 paul45	M	Paddy Power IV	12:07.5	1:57.0	218.3
345 John Darling	M	Sub 7 XVIII	12:09.2	1:57.3	216.8
346 Jef Hutchby	M	Sub 7 XIX	12:09.4	1:57.3	216.6
347 Peter Sheean	m	Forum Flyers IX	12:10.0	1:57.4	216.1
348 Jonathan Turns S7	M	Sub 7 XIX	12:10.2	1:57.5	215.9
349 Martyn Smith	M	C2TweetCrew IV	12:10.9	1:57.6	215.3
350 Thibaud MISCORIA	M	FIRT XVI	12:11.0	1:57.6	215.2
351 buan.muriel	M	FIRT XVI	12:11.2	1:57.6	215.0
352 Jet Ski Lady	F	Sub 7 VIII	12:11.3	1:57.6	214.9

68	Ronan LE LIGEOUR (H) Jean michel Coupe (H) Chartier.sebastien (H)	florence garani (L) Laurence LOPEZ (F)
13 pts		
69	Sub 7 XVII James Hall jnr (H) Jonty Leese (H) henrik_denmark (H)	Bryan T. Tapsall (L) Bluebell31 (F)
12 pts		
70	FIRT XV Napy black (H) Christophe MATHIEZ (H) fontaine.voncent (H)	Lehuger christian (L) Karine bugnicourt (F)
11 pts		
71	Sub 7 XVIII Richard Hall (H) Valerio Pasqua (H) John Darling (H)	DrM (L) diana kornbrot (F)
10 pts		
72	FIRT XVI Thibaud MISCORIA (H) buan.muriel (H) A Ph Dek (H)	Caroline THEVENOT (L) Nadine Coudroy (F)
9 pts		
73	Sub 7 XIX Jef Hutchby (H) Jonathan Turns S7 (H) Bomber88 (H)	JJ (L) Ali Bayford (F)
8 pts		
74	Tribesports II Paul Bryson (TS) (H) Steve Rore (H) Andy Tripp (H)	Candida B (L) rebr (F)
7 pts		
75	ROWING CLUB MANTOVA II FREELANCE MN GRASSI MARCELLO (H) FREELANCE MN MARGONARI MARCO (H) FREELANCE MN DALSENSO NICOLA (L)	RCM LANZONI S. (L) FREELANCE MN SPEGGIORIN
6 pts		
76	Sub 7 XX Dougje Lawson [S7] (H) George Abbott (H) andy warner (H)	Bex Wilkes (L) Liz West (F)
5 pts		
	Free Spirits VII	
77	Phil Nolan FS (H) Peter Tullett (L) Roger Burrell (L)	Philip Price (L) Gillian Burrell (F)
4 pts		
78	FIRT XVII Dany pecquet (H) Lenuger.christian (H) yannick V - aip (L)	Boellman celine (F) NADIA L - AIP (F)
3 pts		
79	FIRT XVIII Sala.thomas (H) alaitz A - aip (L) Simone Chaumiole (F)	MANA.H-AIP (F) genova V - aip (F)
2 pts		
80	Sub 7 XXI Dave Hall S7 (H) Charles Morley (H) John Gold (L)	Bernie Leader (L) Abi Rayner (F)
1 pt		
81	Fitness Matters II Lee Waddon (H) Julian Warrick (H) Howard Brammer (H)	
82	The Banana Boat I Little Chris (L)	
83	Fitness Matters III Odd Ivar Lindland (H) Mark Dickinson (H) Matthew Tilt (H)	
84	Bexhill Rowing Club I William Knapp (H) Lewis Sealy (H) Party Marty (L)	
85	MAD III Jon Goodall (H) Steve Price (L) Charlotte Pigg (F)	
86	Fitness Matters IV Sion Evans (H) Stuart Thorp (H) Jason Robert Harris (H)	
87	Independent II AP (H) Craig Hudson (H) Jack Baird (H)	
88	Team Oarsome III George King (H) Dave Speed (H) Arlene Wade (TO) (L)	
89	Forum Flyers VIII Kim Calonius (H) Rick Bayko (L) Dan Farmer (L)	Steve G (L)
90	Age Without Limits I Mark Keown (H) Jean-Marc Hurni (H) Steve Motzny (H)	Cynthia Runia (F)
91	Fit Republik I Ali Al Amine (H) Nizar El Ahmar (L) Deniz Unay (F)	
92	Paddy Power IV paul45 (H) Tinaosullivan (H) Jerry G (L)	
93	C2TweetCrew IV Martyn Smith (H)	
94	Independent III Lars Kofod (H)	
	Fybro-Supporters I	

353 FREELANCE BG BONATELLI M	f	CUS Bergamo I	12:12.4	1:57.8	214.0	95	Tania Guy (F)
354 Joe Gerbrick	M	RowPro Rowers V	12:12.6	1:57.9	213.8	96	Forum Flyers IX
355 vahranian.clara	F	FIRT VIII	12:13.2	1:58.0	213.3		Dave Moores (FF) (H)
356 Lars Kofod	M	Independent III	12:13.5	1:58.0	213.0		Peter Sheehan (L)
357 rowingkiwi	F	Forum Flyers IV	12:13.5	1:58.0	213.0		Arno Calonius (L)
358 Tania Guy	F	Fybro-Supporters I	12:13.8	1:58.1	212.7	97	SYC Rowing Crew I
359 Andy Tripp	M	Tribesports II	12:13.9	1:58.1	212.7		André Budzien (H)
360 FREELANCE MN CASALI NICOLETTA	f	ROWING CLUB MANTOVA I	12:16.8	1:58.5	210.2		DJ Benny (L)
361 Debbie Barber	F	Forum Flyers V	12:17.6	1:58.7	209.5	98	RowPro Rowers V
362 Tinaosullivan	M	Paddy Power IV	12:18.2	1:58.8	209.0		Joe Gerbrick (H)
363 Bomber88	M	Sub 7 XIX	12:19.7	1:59.0	207.7		Dee (L)
364 Matt Wilmington	m	Sub 7 XV	12:20.9	1:59.2	206.7		Diana Henderson (F)
365 Kerri Christensen	F	Sub 7 IX	12:21.0	1:59.2	206.6	99	Tribesports III
366 Baron peggy	F	FIRT IX	12:21.4	1:59.3	206.3		JohannP (H)
367 Laura Fairbairn	F	Free Spirits II	12:24.8	1:59.8	203.5	100	DLC Gidea Park III
368 Arno Calonius	m	Forum Flyers IX	12:25.0	1:59.9	203.3		Richard Courtney (L)
369 florence margely	F	FIRT X	12:25.2	1:59.9	203.1		Sophie Apps (F)
370 Julie Steventon	F	Free Spirits III	12:25.3	1:59.9	203.1	101	C2TweetCrew III
371 _Dougie Lawson [S7]	M	Sub 7 XX	12:26.0	2:00.0	202.5		Kay Bieri (H)
372 Marita Andersson	F	Rote 87 RK I	12:27.7	2:00.3	201.1		William Gooner Hawkins (H)
373 FREELANCE MN SPEGGIORIN ORNELLA	f	ROWING CLUB MANTOVA II	12:29.0	2:00.5	200.1		Ralf Achenbach (H)
374 Jessikahuny	F	Paddy Power II	12:29.5	2:00.6	199.7	102	CUS Bergamo II
375 nelly Allias	f	FIRT XI	12:29.9	2:00.6	199.3		FREELANCE BG MAZZOLENI FAUSTO (H)
376 Jessica Janzen	F	RowPro Rowers II	12:30.2	2:00.7	199.1		FREELANCE BG BERGAMASCHI ROBERTA (L)
377 A Ph Dek	M	FIRT XVI	12:31.0	2:00.8	198.5		FREELANCE BG CORTINOVIS SILVANA (F)
378 Virginie Tetin	F	FIRT XII	12:34.6	2:01.4	195.6	103	Gee Crew III
379 chloe41 USV	f	FIRT XIII	12:36.4	2:01.7	194.2		Marie Haig (F)
380 George Abbott	M	Sub 7 XX	12:36.6	2:01.7	194.1	104	Age Without Limits II
381 Jackie Hicks	F	Independent I	12:37.1	2:01.8	193.7		FREELANCE MN ESPOSITO SONIA (F)
382 Margo James	f	RowPro Rowers III	12:37.1	2:01.8	193.7	105	Red Line Rowers II
383 Naomi Fielder	f	Sub 7 X	12:39.3	2:02.2	192.0		Gaynor Johnsen (F)
384 Laurence LOPEZ	F	FIRT XIV	12:40.6	2:02.4	191.0	106	ROWING CLUB MANTOVA III
385 Manuel Schorer	m	Sub 7 XVI	12:41.4	2:02.5	190.4		FREELANCE MN DE STEFANI GIORGIA (F)
386 florence garani	f	FIRT XIV	12:41.9	2:02.6	190.1		FREELANCE MN COMOLA ANNA (F)
387 Jenn Davis	F	Sub 7 XI	12:42.3	2:02.6	189.8	107	FIRT XIX
388 Kay Hughes	F	Team Oarsome II	12:42.5	2:02.7	189.6		Maud SAGON (L)
389 Arlene Wade (TO)	f	Team Oarsome III	12:42.8	2:02.7	189.4		manue M - aip (F)
390 _Lene Farmen-Hall [S7]	F	Sub 7 XII	12:43.4	2:02.8	188.9		genevieve S - aip (F)
391 andy warner	M	Sub 7 XX	12:43.9	2:02.9	188.6	108	Free Spirits VIII
392 Annette Wammen	f	RowPro Rowers IV	12:44.2	2:02.9	188.4		Carol Lamb (F)
393 ruthb	F	Sub 7 XIII	12:44.8	2:03.0	187.9		
394 Jane Daffern	F	Free Spirits IV	12:46.2	2:03.3	186.9		
395 Lehuger christian	m	FIRT XV	12:47.0	2:03.4	186.3		
396 Susan Young	F	Sub 7 XIV	12:47.0	2:03.4	186.3		
397 Georgina Price	F	Forum Flyers VI	12:49.8	2:03.8	184.3		
398 Sarah Doyle PP	f	Paddy Power III	12:50.7	2:04.0	183.6		
399 Amanda Gurley	F	Sub 7 XV	12:50.9	2:04.0	183.5		
400 Michelle Greenwood	f	Sub 7 XVI	12:51.0	2:04.0	183.4		
401 Bluebell31	F	Sub 7 XVII	12:53.2	2:04.4	181.9		
402 Rita Risley	f	Gee Crew II	12:53.4	2:04.4	181.7		
403 Karine bugnicourt	F	FIRT XV	12:54.9	2:04.7	180.7		
404 Dave Moores (FF)	M	Forum Flyers IX	12:55.0	2:04.7	180.6		
405 Claire Milne	F	DLC Gidea Park I	12:56.7	2:05.0	179.4		
406 FREELANCE MN GRASSI MARCELLO	M	ROWING CLUB MANTOVA II	13:00.0	2:05.5	177.1		
407 Hanna Hides	F	Forum Flyers VII	13:00.4	2:05.5	176.9		
408 Dany pecquet	M	FIRT XVII	13:01.0	2:05.6	176.5		
409 Dee	f	RowPro Rowers V	13:01.0	2:05.6	176.5		
410 Roger Burrell	m	Free Spirits VII	13:03.1	2:06.0	175.0		
411 FREELANCE MN MARGONARI MARCO	M	ROWING CLUB MANTOVA II	13:03.8	2:06.1	174.6		
412 FREELANCE MN DALSENO NICOLA	m	ROWING CLUB MANTOVA II	13:05.4	2:06.4	173.5		
413 Nadine Coudroy	F	FIRT XVI	13:06.1	2:06.5	173.0		
414 JohannP	M	Tribesports III	13:06.3	2:06.5	172.9		
415 Lenuger.christian	M	FIRT XVII	13:06.4	2:06.5	172.9		
416 Dave Hall S7	M	Sub 7 XXI	13:06.6	2:06.5	172.7		
417 Boellman celine	F	FIRT XVII	13:07.2	2:06.6	172.3		
418 Bryan T. Tapsall	m	Sub 7 XVII	13:08.1	2:06.8	171.7		
419 Diana Henderson	F	RowPro Rowers V	13:17.8	2:08.3	165.5		
420 Caroline THEVENOT	f	FIRT XVI	13:18.9	2:08.5	164.9		
421 Katie Perry	f	DLC Gidea Park II	13:25.0	2:09.5	161.1		
422 FREELANCE BG GIACOMETTI ROSELLA	f	CUS Bergamo I	13:30.5	2:10.4	157.9		
423 NADIA L - AIP	F	FIRT XVII	13:32.1	2:10.6	157.0		
424 Simone Chaumiole	F	FIRT XVIII	13:34.1	2:11.0	155.8		
425 Cynthia Runia	F	Age Without Limits I	13:34.4	2:11.0	155.6		
426 DrM	m	Sub 7 XVIII	13:36.5	2:11.4	154.4		
427 yannick V - aip	m	FIRT XVII	13:41.8	2:12.2	151.5		
428 FREELANCE BG BERGAMASCHI ROBERTA	f	CUS Bergamo II	13:45.1	2:12.7	149.7		
429 diana kornbrot	F	Sub 7 XVIII	13:47.7	2:13.2	148.2		
430 RCM LANZONI S.	f	ROWING CLUB MANTOVA II	13:49.7	2:13.5	147.2		
431 Candida B	f	Tribesports II	13:50.0	2:13.5	147.0		
432 alaitz A - aip	f	FIRT XVIII	13:53.9	2:14.2	145.0		
433 PeggyH	f	Free Spirits V	13:56.0	2:14.5	143.9		
434 JJ	f	Sub 7 XIX	13:59.4	2:15.0	142.1		
435 Ali Bayford	F	Sub 7 XIX	14:01.0	2:15.3	141.3		
436 Liz West	F	Sub 7 XX	14:01.1	2:15.3	141.3		
437 Bex Wilkes	f	Sub 7 XX	14:03.8	2:15.7	139.9		
438 Deniz Unay	f	Fit Republik I	14:07.2	2:16.3	138.2		
439 Philip Price	m	Free Spirits VII	14:08.4	2:16.5	137.7		
440 John Gold	m	Sub 7 XXI	14:10.2	2:16.8	136.8		
441 Deborah Abbott	F	Red Line Rowers I	14:12.1	2:17.1	135.9		
442 MANA.H-AIP	F	FIRT XVIII	14:13.3	2:17.3	135.3		
443 ianah	m	Red Line Rowers I	14:14.3	2:17.4	134.8		
444 Sala.thomas	M	FIRT XVIII	14:20.5	2:18.4	131.9		
445 Sophie Apps	f	DLC Gidea Park III	14:23.3	2:18.9	130.7		
446 DJ Benny	m	SYC Rowing Crew I	14:34.5	2:20.7	125.7		
447 Nicola Murdoch	F	Empty the Tanks I	14:41.0	2:21.7	122.9		
448 FREELANCE BG MAZZOLENI FAUSTO	M	CUS Bergamo II	14:41.5	2:21.8	122.7		
449 FREELANCE BG CORTINOVIS SILVANA	F	CUS Bergamo II	14:43.5	2:22.1	121.9		
450 Charles Morley	M	Sub 7 XXI	14:45.9	2:22.5	120.9		

451	genova V - aip	F	FIRT XVIII	14:47.9	2:22.8	120.1
452	Jennifer Victory	f	Free Spirits VI	14:50.2	2:23.2	119.2
453	manue M - aip	F	FIRT XIX	14:52.9	2:23.6	118.1
454	Marie Haig	F	Gee Crew III	15:07.8	2:26.0	112.4
455	Bernie Leader	m	Sub 7 XXI	15:08.4	2:26.1	112.1
456	FREELANCE MN ESPOSITO SONIA	F	Age Without Limits II	15:32.4	2:30.0	103.7
457	Gaynor Johnson	F	Red Line Rowers II	15:34.0	2:30.3	103.2
458	Abi Rayner	f	Sub 7 XXI	15:35.1	2:30.4	102.8
459	Gillian Burrell	f	Free Spirits VII	15:37.5	2:30.8	102.0
460	rebr	F	Tribesports II	15:42.0	2:31.5	100.6
461	FREELANCE MN DE STEFANI GIORGIA	F	ROWING CLUB MANTOVA III	15:48.1	2:32.5	98.6
462	FREELANCE MN COMOLA ANNA	F	ROWING CLUB MANTOVA III	15:56.8	2:33.9	96.0
463	genevieve S - aip	F	FIRT XIX	16:17.5	2:37.3	90.0
464	Carol Lamb	F	Free Spirits VIII	16:34.3	2:40.0	85.5
465	Maud SAGON	f	FIRT XIX	17:04.3	2:44.8	78.2
466	Klemen H. 2003	m	C2TweetCrew III	17:41.2	2:50.7	70.3

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