



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

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Nov 2015 - The DLC Pyramid

This challenge was chosen by DLC Gidea Park

Row 250m, 1'R, 500m, 1'R

750m, 1'R,

500m, 1'R, 250m and finish

First 250m from a standing start, all the rest however you choose.

Record your total time for 2,250 metres.

The December challenge will be chosen by Team Oarsome.

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

Most Recent Entries

Date	Name	Cat	Team	Result
2015-12-27	Anna Lewis	FHWT	MAD	7:47.1
2015-12-01	Tara	FHWT	FIRT	15:00.0
2015-12-01	1Jane Evadney	FLWT	Fitness Matters	15:00.0
2015-12-01	Chris R	MHWT	Age Without Limits	7:40.1
2015-12-01	Andy Tripp	MHWT	Tribesports	8:37.6

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	Graham Benton	M	MAD I	6:29.3	1:26.5	540.6	1 Sub 7 I Brett Steels (H) Dan Stanley (H) Kevin Connolly (H) 85 pts
2	Sam Blythe	M	Fitness Matters I	6:31.5	1:27.0	531.5	
3	Charles Green FM	M	Fitness Matters I	6:32.8	1:27.3	526.2	
4	Dave Marshall	M	MAD I	6:34.5	1:27.7	519.5	2 MAD I Graham Benton (H) Dave Marshall (H) Tony Larkman (H) 84 pts
5	Lee Bawn FM	M	Fitness Matters I	6:39.7	1:28.8	499.5	
6	Brett Steels	M	Sub 7 I	6:40.8	1:29.1	495.4	
7	Chris Kemp	M	Paddy Power I	6:42.6	1:29.5	488.7	3 Fitness Matters I Sam Blythe (H) Charles Green FM (H) Lee Bawn FM (H) 83 pts
8	Tony Larkman	M	MAD I	6:42.6	1:29.5	488.7	
9	Shane Kingsland	M	Fitness Matters II	6:44.7	1:29.9	481.2	
10	noel	M	Paddy Power I	6:46.5	1:30.3	474.8	4 Sub 7 II David McLeod (H) Steve Sidaway (H) Barry Greig (H) 82 pts
11	Dan Stanley	M	Sub 7 I	6:46.7	1:30.4	474.1	
12	Taylor Brown	M	Paddy Power I	6:46.9	1:30.4	473.4	
13	Chris chapman	M	Fitness Matters II	6:48.0	1:30.7	469.6	5 Paddy Power I Chris Kemp (H) noel (H) Taylor Brown (H) 81 pts
14	Henri Casseleux	M	FIRT I	6:49.5	1:31.0	464.5	
15	Kevin Connolly	M	Sub 7 I	6:51.3	1:31.4	458.4	
16	Stewart Wyllie	M	RowPro Rowers I	6:51.7	1:31.5	457.0	6 MAD II j.d (H) Simon Handley (H) Pete Marston (H) 80 pts
17	David McLeod	M	Sub 7 II	6:53.3	1:31.8	451.8	
18	Danny Graham	M	Team Oarsome I	6:54.1	1:32.0	449.1	
19	hjs	M	Forum Flyers I	6:54.6	1:32.1	447.5	7 Sub 7 III Moritz Wolff (H) Scott Pollock (H) Warren Matthews (H) 79 pts
20	11Thomas Hansen	M	Fitness Matters II	6:54.7	1:32.2	447.2	
21	Steve Sidaway	M	Sub 7 II	6:54.7	1:32.2	447.2	
22	Danjal Martin Hofgaard	m	Sub 7 I	6:54.8	1:32.2	446.9	8 FIRT I Henri Casseleux (H) Julo (H) EricL (H) 78 pts
23	Nate Kania	M	Paddy Power II	6:54.8	1:32.2	446.9	
24	Barry Greig	M	Sub 7 II	6:56.7	1:32.6	440.8	
25	Liefcat	M	Free Spirits I	6:57.4	1:32.8	438.6	9 RowPro Rowers I Stewart Wyllie (H) Bjorn_Stensheim (H) Damien Roohr (H) 77 pts
26	Dirk Möller	M	Forum Flyers I	6:57.5	1:32.8	438.3	
27	j.d	M	MAD II	6:57.7	1:32.8	437.6	
28	Julo	M	FIRT I	6:58.4	1:33.0	435.4	10 Sub 7 IV Jonathan Wareing (H) Duncan Roy (H) Andrew Breen (H) 76 pts
29	Moritz Wolff	M	Sub 7 III	6:58.5	1:33.0	435.1	
30	EricL	M	FIRT I	6:58.9	1:33.1	433.9	
31	David LIOT	M	FIRT II	6:59.0	1:33.1	433.6	11 Sub 7 V David Scott (H) Harry Wilkes (H) Ian Wilde (H) 75 pts
32	AAPaul Buchanan	M	Paddy Power II	6:59.3	1:33.2	432.6	
33	Alastair Peake	m	Sub 7 II	7:00.1	1:33.4	430.2	
34	Scott Pollock	M	Sub 7 III	7:00.2	1:33.4	429.9	12 Paddy Power II Nate Kania (H) AAPaul Buchanan (H) Maximus (H) 74 pts
35	Warren Matthews	M	Sub 7 III	7:00.3	1:33.4	429.6	
36	Simon Handley	M	MAD II	7:00.5	1:33.4	429.0	
37	Jonathan Wareing	M	Sub 7 IV	7:01.1	1:33.6	427.1	13 Free Spirits I Liefcat (H) Jonathan Davis (H) haico (H) 73 pts
38	Duncan Roy	M	Sub 7 IV	7:01.4	1:33.6	426.2	
39	Andrew Breen	M	Sub 7 IV	7:01.5	1:33.7	425.9	
40	David Scott	M	Sub 7 V	7:01.8	1:33.7	425.0	14 Team Oarsome I Danny Graham (H) Dave Chmilowskyj (H) Andy Burrows (H) 72 pts
41	Maximus	M	Paddy Power II	7:02.0	1:33.8	424.4	
42	macroth	M	Forum Flyers I	7:02.1	1:33.8	424.1	
43	Meszaros Csongor	M	FIRT II	7:03.0	1:34.0	421.4	15 Forum Flyers I hjs (H) Dirk Möller (H) macroth (H) 71 pts
44	Billy Tyler	M	Paddy Power III	7:03.0	1:34.0	421.4	
45	Fred Frey	M	Independent I	7:03.3	1:34.1	420.5	
46	Jonathan Davis	M	Free Spirits I	7:03.3	1:34.1	420.5	16 FIRT II David LIOT (H) Meszaros Csongor (H) Remy Coubel (H) 70 pts
47	Pete Marston	M	MAD II	7:04.0	1:34.2	418.4	
48	Remy Coubel	M	FIRT II	7:04.3	1:34.3	417.5	
49	Terry Hay FF	M	Forum Flyers II	7:04.7	1:34.4	416.4	17 Sub 7 VI Walter Zagzebski (H) Adam Bdc (H)
50	Harry Wilkes	M	Sub 7 V	7:04.7	1:34.4	416.4	
51	Ian Wilde	M	Sub 7 V	7:05.6	1:34.6	413.7	
52	Walter Zagzebski	M	Sub 7 VI	7:06.0	1:34.7	412.6	
53	Nik Fleming	M	MAD III	7:06.2	1:34.7	412.0	
54	Adam Bdc	M	Sub 7 VI	7:07.2	1:34.9	409.1	
55	Ralf Achenbach	M	C2TweetCrew I	7:07.5	1:35.0	408.2	
56	haaico	M	Free Spirits I	7:07.8	1:35.1	407.4	
57	Gary F Curtis	M	Fitness Matters III	7:08.1	1:35.1	406.5	
58	alanmartin	M	Xpress Boat Club I	7:08.6	1:35.2	405.1	
59	Mark Mitchell	m	MAD I	7:08.8	1:35.3	404.5	
60	Paul Grimster	M	Fitness Matters III	7:09.1	1:35.4	403.7	
61	danfennell	M	Free Spirits II	7:09.4	1:35.4	402.8	
62	Rob Childs	M	Fitness Matters III	7:09.6	1:35.5	402.3	

63	Elena Buryak	F	Sub 7 I	7:09.7	1:35.5	402.0	69 pts	Richard Cheeseman (H)	
64	Richard Cheeseman	M	Sub 7 VI	7:09.7	1:35.5	402.0	18	Red Line Rowers I	
65	Howard Brammer	M	Fitness Matters IV	7:09.8	1:35.5	401.7		Giles Clarke (RLR) (H)	Bezza RLR (L)
66	Giles Clarke (RLR)	M	Red Line Rowers I	7:10.1	1:35.6	400.9		Mark Lysons (H)	Tracy Watkins RLR (F)
67	trevor bailey	M	Xpress Boat Club I	7:10.3	1:35.6	400.3	68 pts	_Gene Shue (RLR) (H)	
68	Bjorn_Stensheim	M	RowPro Rowers I	7:11.1	1:35.8	398.1	19	C2TweeCrew I	
69	Matt Foster	M	Sub 7 VII	7:11.8	1:36.0	396.1		Ralf Achenbach (H)	Stan Shatenstein (L)
70	Dave Chmilowskyj	M	Team Oarsome I	7:12.6	1:36.1	394.0	67 pts	Andy J Pearce (H)	Malwina Tritt (F)
71	Odd Ivar Lindland	M	Fitness Matters IV	7:13.1	1:36.2	392.6	20	Xpress Boat Club I	
72	Adam Fred	M	FIRT III	7:13.1	1:36.2	392.6		alanmartin (H)	marcus warwick (L)
73	Andy J Pearce	M	C2TweeCrew I	7:13.3	1:36.3	392.0	66 pts	trevor bailey (H)	Sara di massimo (F)
74	Glynn Powell	M	Sub 7 VII	7:14.0	1:36.4	390.2		Tim Beard (H)	
75	Damien Roohr	M	RowPro Rowers I	7:14.2	1:36.5	389.6	21	Sub 7 VII	
76	Chris Kelly	m	Fitness Matters I	7:14.3	1:36.5	389.3		Matt Foster (H)	Markku Henriksson (L)
77	Damian N Griffin	M	Fitness Matters IV	7:14.6	1:36.6	388.5		Glynn Powell (H)	Carol Woodward (F)
78	Martin Evans	M	Sub 7 VII	7:14.8	1:36.6	388.0	65 pts	Martin Evans (H)	
79	James Hildebrand	M	Penobscot River IRC I	7:15.4	1:36.8	386.4	22	Fitness Matters II	
80	Espen Holm	M	Empty the Tanks I	7:15.7	1:36.8	385.6		Shane Kingsland (H)	Mike KM Beard (L)
81	Kieran Cahill	m	MAD II	7:16.0	1:36.9	384.8	64 pts	Chris chapman (H)	Phillippa Walker (F)
82	Alex Doidge	M	Sub 7 VIII	7:17.0	1:37.1	382.2	23	MAD III	
83	Mark Christie	M	Forum Flyers II	7:17.1	1:37.1	381.9		Nik Fleming (H)	Charlotte Pigg (F)
84	Arwed Egger	m	RowPro Rowers I	7:17.2	1:37.2	381.6	63 pts	Jon Goodall (H)	Rachel Harris (F)
85	Mark Lysons	M	Red Line Rowers I	7:17.5	1:37.2	380.9		Steve Price (L)	
86	Jon Goodall	M	MAD III	7:17.7	1:37.3	380.3	24	Tribesports I	
87	Robert Mayes	M	DLC Gidea Park I	7:18.3	1:37.4	378.8		Mike Channin (Tribesports) (H)	Alan Strang (TS) (L)
88	Bjorn Tore Lodding	M	RowPro Rowers II	7:18.4	1:37.4	378.5	62 pts	Ben M (H)	Victoria Starr (F)
89	John Steventon	m	Free Spirits I	7:19.8	1:37.7	374.9	25	FIRT III	
90	Ethienne	m	FIRT I	7:20.0	1:37.8	374.4		Adam Fred (H)	Luis (L)
91	hugault	M	FIRT III	7:20.4	1:37.9	373.4	61 pts	hugault (H)	Boellman.celine (F)
92	Paul_Timmons	m	Paddy Power I	7:21.0	1:38.0	371.9	26	Sub 7 VIII	
93	Mike Channin (Tribesports)	M	Tribesports I	7:21.2	1:38.0	371.4		Alex Doidge (H)	Danny Watson (L)
94	Marcus Schug	M	C2TweeCrew I	7:21.2	1:38.0	371.4	60 pts	Michael Wood (H)	Kylie Marie Millett (F)
95	Lindsayh	M	Forum Flyers II	7:21.4	1:38.1	370.9	27	Free Spirits II	
96	Hewitt	M	Free Spirits II	7:22.1	1:38.2	369.1		danfennell (H)	DavidHolmberg (L)
97	Michael Wood	M	Sub 7 VIII	7:22.3	1:38.3	368.6	59 pts	Hewitt (H)	Laura Fairbairn (F)
98	Jean-Charles RS	M	FIRT III	7:22.4	1:38.3	368.3		Felton Humble (H)	
99	Charles Anderson	M	C2TweeCrew II	7:22.7	1:38.4	367.6	28	Paddy Power III	
100	Andy Parkes	M	Gee Crew I	7:22.9	1:38.4	367.1		Billy Tyler (H)	Ben Cooper (L)
101	Felton Humble	M	Free Spirits II	7:23.7	1:38.6	365.1	58 pts	PaOSullivan1 (H)	Sarah Doyle PP (F)
102	Stuart Jackson	m	Sub 7 III	7:24.1	1:38.7	364.1	29	Sub 7 IX	
103	AARobert diffley	m	Paddy Power II	7:24.7	1:38.8	362.7		Stuart Stronach (H)	Nigel Brockton (L)
104	GUN	M	FIRT IV	7:25.0	1:38.9	361.9	57 pts	Steven Richie (H)	Bluebell31 (F)
105	Dan Wilson	M	Sub 7 VIII	7:25.2	1:38.9	361.4	30	Sub 7 X	
106	Gregory Cook II	m	Team Oarsome I	7:25.7	1:39.0	360.2		Aaron Lancaster (H)	Alfred Okello (L)
107	Paul Victory	M	Free Spirits III	7:25.8	1:39.1	360.0	56 pts	Robert Jones (H)	Marney McCague (F)
108	Aaron Moburg-Jones	M	Independent I	7:25.8	1:39.1	360.0	31	Forum Flyers II	
109	Stuart Stronach	M	Sub 7 IX	7:26.2	1:39.2	359.0		Terry Hay FF (H)	Will Haskell (L)
110	Steven Richie	M	Sub 7 IX	7:26.3	1:39.2	358.8	55 pts	Mark Christie (H)	Georgina Price (F)
111	Ben M	M	Tribesports I	7:26.3	1:39.2	358.8	32	FIRT IV	
112	Nigel Farmer	M	Forum Flyers III	7:26.5	1:39.2	358.3		GUN (H)	david FROC (L)
113	Preisner.stephane	M	FIRT IV	7:26.6	1:39.2	358.1	54 pts	Preisner.stephane (H)	Laurence LOPEZ (F)
114	Nick Hawkins	M	Fitness Matters V	7:26.8	1:39.3	357.6	33	Independent I	
115	Mark Dickinson	M	Fitness Matters V	7:27.0	1:39.3	357.1		Fred Frey (H)	Oranj (L)
116	Casey Clarke	M	Sub 7 IX	7:27.2	1:39.4	356.6	53 pts	Aaron Moburg-Jones (H)	Jackie Hicks (F)
117	PaOSullivan1	M	Paddy Power III	7:27.3	1:39.4	356.4	34	DLC Gidea Park I	
118	Shane Denver	m	Sub 7 IV	7:28.2	1:39.6	354.2		Robert Mayes (H)	Joe Giggins (L)
119	Aaron Lancaster	M	Sub 7 X	7:28.2	1:39.6	354.2	52 pts	Bob Bell (H)	Becky Long (F)
120	Bezza RLR	m	Red Line Rowers I	7:28.3	1:39.6	354.0	35	Empty the Tanks I	
121	Robert Jones	M	Sub 7 X	7:28.5	1:39.7	353.5		Espen Holm (H)	Bill_Schmidt (L)
122	bougli13008	m	FIRT II	7:29.0	1:39.8	352.3	51 pts	Galeere (H)	Karyn McNamara (F)
123	Bill_Schmidt	m	Empty the Tanks I	7:29.2	1:39.8	351.9		Jeff Kuecker (H)	
124	Pongi	M	Fitness Matters V	7:29.6	1:39.9	350.9	36	RowPro Rowers II	
125	Luis	m	FIRT III	7:29.6	1:39.9	350.9		Bjorn Tore Lodding (H)	Pier Nijenhuis (L)
126	Marc Charman	m	Sub 7 V	7:30.2	1:40.0	349.5	50 pts	Doug Rolland (H)	Dee Amon (F)
127	kacken66	M	Forum Flyers III	7:31.1	1:40.2	347.4	37	Gee Crew I	
128	Andy Burrows	M	Team Oarsome I	7:31.2	1:40.3	347.2		Andy Parkes (H)	Edward Taylor (L)
129	Richard Steventon	M	Sub 7 X	7:31.3	1:40.3	347.0	49 pts	Rouge (H)	Becky McGowan (F)
130	marcus warwick	m	Xpress Boat Club I	7:32.2	1:40.5	344.9	38	Sub 7 XI	
131	mika crossfit le thor	M	FIRT IV	7:32.6	1:40.6	344.0		henrik_denmark (H)	James Thornton (L)
132	AustinBarb	M	Forum Flyers I	7:32.6	1:40.6	344.0	48 pts	Jon Clarlo (H)	Yeen Wichaisri (F)
133	Paul Bryson (TS)	M	Tribesports I	7:32.9	1:40.6	343.3	39	C2TweeCrew II	
134	bojam	m	Sub 7 VI	7:33.0	1:40.7	343.1		Charles Anderson (H)	Borut Hafner (L)
135	Steve Ockerby	M	Forum Flyers III	7:33.0	1:40.7	343.1	47 pts	Kay Bieri (H)	Andrea Arriola (F)
136	Spence Knudson	M	Fitness Matters VI	7:33.0	1:40.7	343.1	40	Sub 7 XII	
137	Jon Bone	M	Team Oarsome II	7:33.2	1:40.7	342.6		schuey (H)	Carlos Rodriguez (L)
138	Frank Noorlander	M	Forum Flyers IV	7:33.6	1:40.8	341.7	46 pts	Volkert Wagenar (H)	Marjorie (F)
139	Dan Brookes	M	Fitness Matters VI	7:34.1	1:40.9	340.6		Rod Chinn (H)	
140	George White	M	Fitness Matters VI	7:34.1	1:40.9	340.6	41	FIRT V	
141	2444 Rob Smiff	M	Penobscot River IRC I	7:34.4	1:41.0	339.9		JEFF JANEAU (H)	Fort xavier (L)
142	marke FF	M	Forum Flyers IV	7:35.1	1:41.1	338.4	45 pts	Jean-Pierre GORIN (L)	Nadine Coudroy (F)
143	david FROC	m	FIRT IV	7:35.5	1:41.2	337.5	42	Forum Flyers III	
144	W de Jong	M	Forum Flyers IV	7:35.5	1:41.2	337.5		Nigel Farmer (H)	Steve Burke (L)
145	Matthew Tilt	M	Fitness Matters VII	7:35.9	1:41.3	336.6	44 pts	kacken66 (H)	joW FF (F)
146	Dan mynard	M	Paddy Power III	7:36.8	1:41.5	334.6	43	Free Spirits III	
147	Samantha Briggs	F	Sub 7 II	7:37.0	1:41.6	334.2		Paul Victory (H)	SanderJRoosendaal (L)
148	Colin Vidas	M	Penobscot River IRC I	7:37.3	1:41.6	333.5	43 pts	alan wisniewski (H)	clareburrell (F)
149	Martin FF	M	Forum Flyers V	7:37.4	1:41.6	333.3	Red Line Rowers II		
150	speedhunter	m	Norway E.R.G C2 I	7:37.5	1:41.7	333.1		Steve Smith (H)	
151	Mike KM Beard	m	Fitness Matters II	7:37.6	1:41.7	332.8			
152	Rolf Boers	M	Forum Flyers V	7:37.7	1:41.7	332.6			
153	henrik_denmark	M	Sub 7 XI	7:37.7	1:41.7	332.6			
154	Emily T	F	MAD I	7:38.5	1:41.9	330.9			
155	Rouge	M	Gee Crew I	7:38.7	1:41.9	330.5			
156	jainser	M	Tribesports II	7:38.7	1:41.9	330.5			
157	GOAT9.79	M	The Sprint Group I	7:38.9	1:42.0	330.0			
158	Jean-Pierre GORIN	M	FIRT V	7:39.1	1:42.0	329.6			
159	Doug Rolland	M	RowPro Rowers II	7:39.4	1:42.1	329.0			
160	Galeere	M	Empty the Tanks I	7:39.8	1:42.2	328.1			

357 SEBC35	m	FIRT VIII	8:45.2	1:56.7	220.2		
358 Richard Hall	M	Sub 7 XIX	8:45.2	1:56.7	220.2		
359 chloe41 USV	f	FIRT II	8:45.9	1:56.9	219.3		
360 Marjorie	F	Sub 7 XII	8:46.2	1:56.9	218.9		
361 Mike Brownjohn	m	DLC Gidea Park III	8:46.7	1:57.0	218.3		
362 Arlene Wade (TO)	f	Team Oarsome II	8:46.9	1:57.1	218.0		
363 Becky Long	f	DLC Gidea Park I	8:47.6	1:57.2	217.2		
364 Anita Pearce	F	C2TweetCrew III	8:47.6	1:57.2	217.2		
365 Paul Corrigan S7	M	Sub 7 XX	8:47.7	1:57.3	217.0		
366 Debbie Barber RLR	F	Red Line Rowers III	8:49.1	1:57.6	215.3		
367 Martyn Smith	M	C2TweetCrew IV	8:49.2	1:57.6	215.2		
368 Sarah Doyle PP	f	Paddy Power III	8:49.9	1:57.8	214.4		
369 Lindsay Hewitt	F	DLC Gidea Park II	8:50.3	1:57.8	213.9		
370 Walter_NLD	m	ÅIRC I	8:50.5	1:57.9	213.6		
371 Roger Davis	M	The Sprint Group I	8:50.8	1:58.0	213.3		
372 Dee Arnon	f	RowPro Rowers II	8:50.8	1:58.0	213.3		
373 steeve DANDREY	M	FIRT IX	8:51.2	1:58.0	212.8		
374 FREELANCE BG BONETALLI MARINELLA	f	CUS Bergamo I	8:52.3	1:58.3	211.5		
375 France Bergeron	F	RowPro Rowers III	8:52.4	1:58.3	211.3		
376 Kerri Christensen	F	Sub 7 XIII	8:55.7	1:59.0	207.5		
377 Erin Hood	F	Paddy Power IV	8:56.2	1:59.2	206.9		
378 Julie Paillin	f	Red Line Rowers III	8:56.8	1:59.3	206.2		
379 Jessica Janzen	F	RowPro Rowers III	8:58.3	1:59.6	204.5		
380 Keryn Jones	F	Paddy Power V	8:58.4	1:59.6	204.4		
381 Cathy Lowe Rimov	F	Sub 7 XIV	9:00.1	2:00.0	202.4		
382 Jack Gilmore	m	Forum Flyers VIII	9:00.9	2:00.2	201.5		
383 Alex d'Arcy	M	The Sprint Group I	9:00.9	2:00.2	201.5		
384 Brian Fry	M	Age Without Limits II	9:00.9	2:00.2	201.5		
385 Margo James	f	RowPro Rowers III	9:01.5	2:00.3	200.9		
386 FREELANCE BG GOLFERINI MARCO	M	CUS Bergamo I	9:02.1	2:00.5	200.2		
387 RGelissen	m	Free Spirits VI	9:02.2	2:00.5	200.1		
388 FREELANCE MN MARCHINI NICOLA	M	ROWING CLUB MANTOVA II	9:02.9	2:00.6	199.3		
389 Claire Trembley	f	Penobscot River IRC I	9:03.1	2:00.7	199.1		
390 Andrew Stanway	M	Free Spirits VI	9:03.3	2:00.7	198.9		
391 Laura Fairbairn	F	Free Spirits II	9:03.5	2:00.8	198.7		
392 Kevin Finch	m	Sub 7 XV	9:03.6	2:00.8	198.5		
393 Kevin Pappin	M	Gee Crew III	9:03.9	2:00.9	198.2		
394 Boellman.celine	F	FIRT III	9:05.1	2:01.1	196.9		
395 Graham Tooth	M	Fitness Matters IX	9:05.7	2:01.3	196.3		
396 Zoe Barnes	F	Sub 7 XV	9:06.9	2:01.5	195.0		
397 Claire Milne	F	DLC Gidea Park III	9:08.3	2:01.8	193.5		
398 Jackie Hicks	F	Independent I	9:10.5	2:02.3	191.2		
399 Lene Farmen-Hall RLR	F	Red Line Rowers IV	9:10.8	2:02.4	190.9		
400 Terry Goodwin	M	DLC Gidea Park III	9:11.4	2:02.5	190.2		
401 Robert Essex	m	Paddy Power V	9:11.4	2:02.5	190.2		
402 FREELANCE BG VOLTA DARIO	M	CUS Bergamo I	9:11.7	2:02.6	189.9		
403 Laurence LOPEZ	F	FIRT IV	9:12.3	2:02.7	189.3		
404 FREELANCE MN SPEGGIORIN ORNELLA	f	ROWING CLUB MANTOVA II	9:13.5	2:03.0	188.1		
405 Annette Wammen	f	RowPro Rowers IV	9:13.9	2:03.1	187.7		
406 Chet Cressman	M	Sub 7 XX	9:14.4	2:03.2	187.2		
407 Susan Young	F	Sub 7 XVI	9:16.4	2:03.6	185.2		
408 Sarah-Jane Jackson	f	Sub 7 XVI	9:17.3	2:03.8	184.3		
409 Rita Risley	f	Gee Crew II	9:18.6	2:04.1	183.0		
410 FREELANCE BG MALVESTITI ERIKA	F	CUS Bergamo II	9:19.3	2:04.3	182.3		
411 Kay Hughes	F	Team Oarsome II	9:21.7	2:04.8	180.0		
412 Jessikahuny	F	Paddy Power VI	9:22.0	2:04.9	179.7		
413 Donna T	F	The Sprint Group I	9:22.0	2:04.9	179.7		
414 clareburrell	f	Free Spirits III	9:22.1	2:04.9	179.6		
415 Karyn McNamara	F	Empty the Tanks I	9:22.1	2:04.9	179.6		
416 Nadine Coudroy	F	FIRT V	9:23.5	2:05.2	178.2		
417 Lisa Baker-Dorr	F	Penobscot River IRC I	9:25.9	2:05.8	176.0		
418 Dougie (RLR)	M	Red Line Rowers IV	9:25.9	2:05.8	176.0		
419 Zerbib.benoit	m	FIRT IX	9:27.0	2:06.0	175.0		
420 Lewy FF	M	Forum Flyers VIII	9:28.3	2:06.3	173.8		
421 Caroline Champion	F	Sub 7 XVII	9:29.4	2:06.5	172.8		
422 Sheena Haveman	f	Free Spirits IV	9:30.3	2:06.7	171.9		
423 Amanda Gurley	F	Sub 7 XVIII	9:32.5	2:07.2	170.0		
424 Sue Marks	F	Paddy Power VI	9:36.4	2:08.1	166.5		
425 Georgina Price	F	Forum Flyers II	9:37.6	2:08.4	165.5		
426 florence LECQ	F	FIRT VI	9:39.0	2:08.7	164.3		
427 Caroline THEVENOT	f	FIRT VII	9:40.4	2:09.0	163.1		
428 Freya B	f	Tribesports II	9:41.0	2:09.1	162.6		
429 Roger Burrell	m	Free Spirits VI	9:43.5	2:09.7	160.5		
430 Dave Carriere	m	Free Spirits VII	9:44.0	2:09.8	160.1		
431 Maja_SWE	f	ÅIRC I	9:44.0	2:09.8	160.1		
432 Alan Wassell	m	Sub 7 XVII	9:44.8	2:10.0	159.5		
433 joW FF	F	Forum Flyers III	9:44.9	2:10.0	159.4		
434 Dona Hall	F	Sub 7 XIX	9:47.8	2:10.6	157.0		
435 Jef 76k+	M	Sub 7 XX	9:48.1	2:10.7	156.8		
436 Harry Dickinson	m	Fitness Matters V	9:48.3	2:10.7	156.6		
437 Lizzie M	f	Tribesports II	9:48.5	2:10.8	156.5		
438 lizh FF	F	Forum Flyers IV	9:51.9	2:11.5	153.8		
439 Phillippa Walker	F	Fitness Matters II	9:57.6	2:12.8	149.4		
440 Caroline Joynson	f	Empty the Tanks II	9:58.2	2:12.9	149.0		
441 Penny Bates	f	Sub 7 XVIII	10:00.0	2:13.3	147.7		
442 FREELANCE BG PELIZZOLI SONIA	m	CUS Bergamo II	10:03.0	2:14.0	145.5		
443 Liz Darlinson	F	DLC Gidea Park IV	10:03.8	2:14.2	144.9		
444 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	10:05.1	2:14.5	144.0		
445 FREELANCE BG CERIOLI GRAZIANO	M	CUS Bergamo II	10:05.4	2:14.5	143.7		
446 Candida B	f	Tribesports III	10:06.0	2:14.7	143.3		
447 diana kornbrot	F	Sub 7 XX	10:07.3	2:15.0	142.4		
448 Adam.enora	F	FIRT VIII	10:08.7	2:15.3	141.4		
449 Anna Bonga	F	The Eh! Team I	10:11.1	2:15.8	139.8		
450 Lemoelle.laura	f	FIRT IX	10:11.3	2:15.8	139.6		
451 PeggyH	f	Free Spirits V	10:11.7	2:15.9	139.3		
452 FREELANCE BG MIGNANI LIDIA	F	CUS Bergamo II	10:11.8	2:16.0	139.3		
453 Jill Underwood	F	Free Spirits VI	10:12.9	2:16.2	138.5		
454 louisa NAFATTI	F	FIRT IX	10:16.4	2:17.0	136.2		
99		Age Without Limits II					
		NC Stanley (H)					
		Brian Fry (H)					
100		Red Line Rowers IV					
		RLR Andrew Jones (H)					Lene Farmen-Hall RLR (F)
		Iain Laird (H)					
		Dougie (RLR) (H)					
101		Fitness Matters IX					
		Graham Tooth (H)					
102		RowPro Rowers IV					
		Annette Wammen (L)					
103		Age Without Limits I					
		Chris R (H)					mjpermuth (L)
		Steve Motzny (H)					
		Jean-Marc Hurmi (H)					
104		Paddy Power VI					
		Jessikahuny (F)					
		Sue Marks (F)					
105		Gee Crew III					
		Tommy Gee (H)					
		Kevin Pappin (H)					
		Marie Haig (F)					
106		Forum Flyers VIII					
		Lewy FF (H)					Arno Calonius (L)
		Dan Farmer (L)					
		Jack Gilmore (L)					
107		Tribesports III					
		Andy Tripp (H)					
		Candida B (L)					
		rebr (F)					
108		The Eh! Team I					
		Anna Bonga (F)					
109		DLC Gidea Park IV					
		Sophie Apps (L)					
		Liz Darlinson (F)					
110		Sub 7 XXI					
		Shelagh Allen (F)					
111		ROWING CLUB MANTOVA III					
		FREELANCE MN COMOLA GIANFRANCO (H)					
		FREELANCE MN DEGLI ESPOSTI SONIA (F)					
112		C2TweetCrew IV					
		Martyn Smith (H)					
		Adam Mell (H)					
113		Free Spirits VII					
		Dave Carriere (L)					Dianne Carriere (F)
		Gillian Burrell (L)					
		Michelle Houghton (F)					
114		The Sprint Group II					
		87 years old but not cold (H)					
115		FIRT XI					
		Tara (F)					
116		CUS Bergamo V					
		FREELANCE BG ROBBUANO DANIELA (L)					
		FREELANCE BG BONATELLI M (L)					
		FREELANCE BG CARPENTIERI GABRIELLA (F)					

455 Michelle Houghton	F	Free Spirits VII	10:20.1	2:17.8	133.8
456 FREELANCE BG MARCHESE CLAUDIO	M	CUS Bergamo II	10:22.2	2:18.3	132.4
457 Sophie Apps	f	DLC Gidea Park IV	10:23.0	2:18.4	131.9
458 Shelagh Allen	F	Sub 7 XXI	10:28.4	2:19.6	128.5
459 FREELANCE BG BROGNI CHIARA	F	CUS Bergamo III	10:29.3	2:19.8	128.0
460 Kerleau.justine	f	FIRT IX	10:30.6	2:20.1	127.2
461 FREELANCE BG MELOCCHI ALICE	f	CUS Bergamo III	10:36.6	2:21.5	123.6
462 FREELANCE BG NEGRI NICOLETTA	F	CUS Bergamo III	10:37.5	2:21.7	123.1
463 FREELANCE MN COMOLA ANNA	F	ROWING CLUB MANTOVA II	10:39.0	2:22.0	122.2
464 FREELANCE BG RUBINI ELDA	f	CUS Bergamo III	10:41.7	2:22.6	120.7
465 Heather Powell	f	Sub 7 XIX	10:42.3	2:22.7	120.4
466 Guigar.lea	f	FIRT X	10:43.4	2:23.0	119.7
467 FREELANCE MN DEGLI ESPOSTI SONIA	F	ROWING CLUB MANTOVA III	10:46.0	2:23.6	118.3
468 emilie DELANNOY	f	FIRT X	10:46.2	2:23.6	118.2
469 rebr	F	Tribesports III	10:49.0	2:24.2	116.7
470 Marie Haig	F	Gee Crew III	10:49.5	2:24.3	116.4
471 Lombardo.alicia	f	FIRT X	10:50.9	2:24.6	115.7
472 Bernie Leader	m	Sub 7 XX	10:51.3	2:24.7	115.4
473 FREELANCE BG BETTONI DONATA	f	CUS Bergamo III	10:53.2	2:25.2	114.4
474 Perrault.helene	f	FIRT X	10:54.1	2:25.4	114.0
475 FREELANCE BG PARIMBELLA SIMONA	f	CUS Bergamo IV	10:55.9	2:25.8	113.0
476 Lecler.magali	f	FIRT X	11:10.2	2:28.9	105.9
477 FREELANCE MN COMOLA GIANFRANCO	M	ROWING CLUB MANTOVA III	11:14.6	2:29.9	103.9
478 Gillian Burrell	f	Free Spirits VII	11:33.1	2:34.0	95.8
479 FREELANCE BG CAPITANIO ELISABETTA	f	CUS Bergamo IV	11:46.1	2:36.9	90.6
480 FREELANCE BG FRUGNOLI BRUNO	m	CUS Bergamo IV	11:47.9	2:37.3	89.9
481 Arno Calonius	m	Forum Flyers VIII	12:01.6	2:40.4	84.9
482 Jean Gilmore	F	Forum Flyers V	12:21.8	2:44.8	78.1
483 87 years old but not cold	M	The Sprint Group II	12:49.3	2:51.0	70.1
484 mjpermoth	f	Age Without Limits I	12:52.5	2:51.7	69.2
485 FREELANCE BG ESBORNI LUISA	F	CUS Bergamo IV	12:58.8	2:53.1	67.5
486 FREELANCE BG PIETRA MICHELA	f	CUS Bergamo IV	13:05.5	2:54.6	65.8
487 FREELANCE BG ROBBUANO DANIELA	f	CUS Bergamo V	13:58.1	3:06.2	54.2
488 Adam Mell	M	C2TweetCrew IV	14:15.4	3:10.1	51.0
489 Dianne Carriere	F	Free Spirits VII	14:35.3	3:14.5	47.6
490 FREELANCE BG CARPENTIERI GABRIELLA	F	CUS Bergamo V	14:53.6	3:18.6	44.7
491 1Jane Evadney	f	Fitness Matters III	15:00.0	3:20.0	43.7
492 Tara	F	FIRT XI	15:00.0	3:20.0	43.7
493 Emmie Baker	f	Forum Flyers VI	18:07.8	4:01.7	24.8
494 Nylah "Bean" Baker	f	Forum Flyers VII	27:53.5	6:11.9	6.8
495 FREELANCE BG BONATELLI M	f	CUS Bergamo V	30:00.0	6:40.0	5.5

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