



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

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Aug 2016 - The Sprint Group 400/300/200/100 Average

This challenge was chosen by The Sprint Group

Row four sprints during August.
(They don't need to be done on the same day.)
One 400m, one 300m, one 200m, and one 100m.
If you row more than one of the pieces as intervals each must be from a standing start.
Find the pace (time for 500m) for each of the four rows from your performance monitor.
Simply add the four paces together to give you an entry for this CTC.

For example

Distance	Elapsed time	Pace
400m	1:54.4	2:23.0
300m	1:18.5	2:10.8
200m	0:43.9	1:49.7
100m	0:20.0	1:40.0
Your CTC entry:		8:03.5

You can re-row any distance any time during the month and update your result with a better total pace.

There's a ready reckoner at: [August CTC calculator](#)

The September challenge will be chosen by Tribesports;

See the [Concept2 US forum thread](#) for details.

Most Recent Entries

Date	Name	Cat	Team	Result
2016-09-01	Milan	MHWT	FIRT	6:11.0
2016-09-01	Victoria Starr	FHWT	Tribesports	6:00.1
2016-09-01	davidmarks	MHWT	Paddy Power	6:03.3
2016-09-01	John Davies	MHWT	Sub 7	6:05.2
2016-09-01	Kylie Marie Millett	FHWT	Sub 7	7:05.9

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	Mark Roberson FM	M	Fitness Matters I	4:47.7	1:11.9	940.7	1	Sub 7 I 5:13.5
2	Dirk Möller	M	Forum Flyers I	4:49.1	1:12.3	927.1		David Scott (H) Brett Steels (H) Bruno-Pierre Lavoie (H)
3	Simon Handley	M	MAD I	4:53.5	1:13.4	886.0	70 pts	Alfred Okello (L) Elena Buryak (F)
4	GOAT9.79	M	The Sprint Group I	4:55.2	1:13.8	870.8		
5	macroth	M	Forum Flyers I	4:55.5	1:13.9	868.1		
6	Mark Rozewicz	M	Fitness Matters I	4:58.2	1:14.6	844.7	2	Fitness Matters I 5:15.3
7	Julian Warrick	M	Fitness Matters I	4:59.3	1:14.8	835.5	69 pts	Mark Roberson FM (H) Mark Rozewicz (H) Julian Warrick (H)
8	Jeff Julian	M	Forum Flyers I	5:00.1	1:15.0	828.8		Chris Kelly (L) 1Erin SullivanFM (F)
9	Dave Marshall	M	MAD I	5:01.1	1:15.3	820.6		
10	David Scott	M	Sub 7 I	5:01.5	1:15.4	817.3	3	Forum Flyers I 5:20.7
11	John Healey FM	M	Fitness Matters II	5:02.3	1:15.6	810.8	68 pts	Dirk Möller (H) macroth (H) Jeff Julian (H)
12	Kem Weihe FM	M	Fitness Matters II	5:03.0	1:15.8	805.2		Dan Farmer (L) Maryanne Maguire (F)
13	James Hyde	M	Royal Navy I	5:03.3	1:15.8	802.8	4	Fitness Matters II 5:21.8
14	Justin Farina FM	M	Fitness Matters II	5:03.6	1:15.9	800.5	67 pts	John Healey FM (H) Kem Weihe FM (H) Justin Farina FM (H)
15	Brett Steels	M	Sub 7 I	5:03.9	1:16.0	798.1		Andy Knight FM (L) Claire Sowerby FM (F)
16	Bruno-Pierre Lavoie	M	Sub 7 I	5:03.9	1:16.0	798.1		
17	Kyle Dobbs FM	M	Fitness Matters III	5:04.6	1:16.2	792.6	5	Fitness Matters III 5:25.9
18	Luke Wollenschlaeger	M	Paddy Power I	5:04.8	1:16.2	791.0		Kyle Dobbs FM (H) Shane Kingsland (H) Tobias Stoehr (H)
19	Dan Stanley	M	Sub 7 II	5:04.9	1:16.2	790.3	66 pts	Chris Leonard (L) Lizzy Smith (F)
20	Jon Goodall	M	MAD I	5:05.6	1:16.4	784.9		
21	hjs	M	Forum Flyers II	5:07.7	1:16.9	768.9		
22	Shane Kingsland	M	Fitness Matters III	5:07.8	1:17.0	768.1	6	Sub 7 II 5:27.7
23	Tobias Stoehr	M	Fitness Matters III	5:10.5	1:17.6	748.3	65 pts	Dan Stanley (H) cygwylt (H) Ian Wilde (H)
24	Al Nisbet	M	ESPRIT I	5:11.1	1:17.8	744.0		David Byrnes (L) Kristi Stoddard (F)
25	Little Jimmy	M	Gee Crew I	5:11.6	1:17.9	740.4		
26	Linford Molloy	m	The Sprint Group I	5:12.2	1:18.1	736.1	7	Fitness Matters IV 5:31.0
27	Lee Waddon	M	Fitness Matters IV	5:14.1	1:18.5	722.8	64 pts	Lee Waddon (H) Sam Blythe (H) Eddie Edwards FM (H)
28	Daz Hoare	M	Royal Navy I	5:14.7	1:18.7	718.7		Marc Charman FM (L) Inga Weihe FM (F)
29	Sam Blythe	M	Fitness Matters IV	5:15.0	1:18.8	716.7		
30	Eddie Edwards FM	M	Fitness Matters IV	5:15.6	1:18.9	712.6	8	Royal Navy I 5:33.2
31	Alfred Okello	m	Sub 7 I	5:16.2	1:19.1	708.5	63 pts	James Hyde (H) Daz Hoare (H) Craig Guest (H)
32	cygwylt	M	Sub 7 II	5:17.3	1:19.3	701.2		Apples27 (L) Sally Thompson (F)
33	Dave Pimm FM	M	Fitness Matters V	5:17.3	1:19.3	701.2	9	Fitness Matters V 5:33.3
34	Todd Carpenter	M	Forum Flyers II	5:17.3	1:19.3	701.2	62 pts	Dave Pimm FM (H) Chris chapman (H) Ole Bahlmann FM (H)
35	Ian Wilde	M	Sub 7 II	5:17.9	1:19.5	697.2		Bogi Olsen FM (L) Victoria Taylor FM (F)
36	Joseph Smyntek	M	Empty the Tanks I	5:17.9	1:19.5	697.2		
37	Chris chapman	M	Fitness Matters V	5:18.1	1:19.5	695.9	10	Sub 7 III 5:37.7
38	Pete Marston	M	MAD II	5:18.2	1:19.6	695.3	61 pts	Scott Pollock (H) Andrew Breen (H) James Murray (H)
39	David Byrnes	m	Sub 7 II	5:19.3	1:19.8	688.1		Arkadiusz Kieliszek (L) Sarita Kristina Hansen (F)
40	Ole Bahlmann FM	M	Fitness Matters V	5:19.9	1:20.0	684.2		
41	danfennell	M	Free Spirits I	5:19.9	1:20.0	684.2	11	Free Spirits I 5:37.7
42	Danny Graham	M	Team Oarsome I	5:20.5	1:20.1	680.4	60 pts	danfennell (H) haaico (H) Liefcat (H)
43	Pongi	M	Fitness Matters VI	5:20.5	1:20.1	680.4		John Steventon (L) Amanda Behrendt (F)
44	Rob Condy-young FM	M	Fitness Matters VI	5:21.0	1:20.3	677.2		
45	Remy Coubel	M	FIRT I	5:21.3	1:20.3	675.3	12	Fitness Matters VI 5:39.0
46	Stephen Perkins FM	M	Fitness Matters VI	5:21.5	1:20.4	674.1	59 pts	Pongi (H) Rob Condy-young FM (H) Stephen Perkins FM (H)
47	Drew Murphy	M	Paddy Power I	5:21.7	1:20.4	672.8		Mike KM Beard (L) Sarah Rogerson FM (F)

331	Jean-Pierre GORIN	m	FIRT IV	7:02.0	1:45.5	298.1		
332	DJ Benny	m	SYC Rowing Crew I	7:02.3	1:45.6	297.4		
333	Amanda Blendell	F	Gee Crew II	7:02.4	1:45.6	297.2		
334	Jon Hayns	M	Forum Flyers VII	7:02.6	1:45.7	296.8		
335	Natalie Easterbrook	F	Sub 7 XII	7:03.0	1:45.8	296.0		
336	Natalie Trebilcock	F	Gee Crew III	7:03.0	1:45.8	296.0		
337	Heather Hamann FM	F	Fitness Matters XII	7:04.8	1:46.2	292.2		
338	Dougie (RLR)	M	Red Line Rowers III	7:05.3	1:46.3	291.2		
339	Cherie Christopherson	F	Penobscot River IRC I	7:05.3	1:46.3	291.2		
340	Kylie Marie Millett	F	Sub 7 XIII	7:05.9	1:46.5	290.0		
341	Bluebell31	F	Sub 7 XIII	7:06.3	1:46.6	289.1		
342	Fiona Bridge	f	Independent I	7:06.8	1:46.7	288.1		
343	Andy Tripp	m	Tribesports II	7:09.9	1:47.5	281.9		
344	Sam Rogerson FM	m	Fitness Matters XIII	7:11.3	1:47.8	279.2		
345	1Jane Evadney	f	Fitness Matters XIII	7:12.9	1:48.2	276.1		
346	France Bergeron	F	RowPro Rowers III	7:14.0	1:48.5	274.0		
347	Sarah Doyle PP	f	Paddy Power II	7:14.7	1:48.7	272.7		
348	Rita Risley	f	Gee Crew II	7:15.0	1:48.8	272.1		
349	Richard Courtney	m	DLC Gidea Park III	7:15.2	1:48.8	271.8		
350	Peter Tullett	m	Free Spirits VI	7:15.4	1:48.9	271.4		
351	mcfc	M	Sub 7 XIII	7:16.8	1:49.2	268.8		
352	Roos_NL	F	ÅIRC I	7:17.3	1:49.3	267.9		
353	Fiona Jamie	F	Sub 7 XIII	7:18.7	1:49.7	265.3		
354	Arlene Wade (TO)	f	Team Oarsome II	7:20.1	1:50.0	262.8		
355	Liz Gent erg	F	Independent II	7:20.3	1:50.1	262.4		
356	Lindsay Hewitt	F	DLC Gidea Park II	7:20.6	1:50.2	261.9		
357	Karla Poppleton	F	Taff Attack I	7:21.9	1:50.5	259.6		
358	Kay Hughes	F	Team Oarsome II	7:23.1	1:50.8	257.5		
359	Liz Gent	F	Ski Erg II	7:23.8	1:51.0	256.3		
360	Roger Burrell	m	Free Spirits VII	7:23.9	1:51.0	256.1		
361	Kirstin Esau	F	Free Spirits IV	7:24.4	1:51.1	255.2		
362	Jackie Hicks	F	Independent II	7:24.7	1:51.2	254.7		
363	Annfrio Hansen FM	F	Fitness Matters XIV	7:26.5	1:51.6	251.6		
364	AndersR_SE	M	ÅIRC II	7:27.0	1:51.8	250.8		
365	Annette Wammen	f	RowPro Rowers III	7:27.6	1:51.9	249.8		
366	Kathy Schofield	F	Forum Flyers III	7:29.7	1:52.4	246.3		
367	Lori Lindahl	F	Fitness Matters XV	7:29.9	1:52.5	246.0		
368	Debbie Meek	f	Gee Crew III	7:30.3	1:52.6	245.3		
369	Michael B	M	Paddy Power III	7:30.9	1:52.7	244.3		
370	Sheena Haveman	f	Free Spirits V	7:32.3	1:53.1	242.1		
371	Matilda Walpole FM	F	Fitness Matters XV	7:34.4	1:53.6	238.7		
372	Georgina Price	F	Forum Flyers IV	7:35.8	1:54.0	236.6		
373	diana kornbrot	F	Sub 7 XIV	7:36.4	1:54.1	235.6		
374	Rick Bayko	m	Forum Flyers VIII	7:37.9	1:54.5	233.3		
375	Caroline Champion	F	Sub 7 XIV	7:38.9	1:54.7	231.8		
376	joW FF	F	Forum Flyers V	7:42.0	1:55.5	227.2		
377	Chris Whale	M	Forum Flyers VIII	7:46.0	1:56.5	221.4		
378	Penny Powell	f	Sub 7 XIII	7:49.1	1:57.3	217.0		
379	lizh FF	F	Forum Flyers VI	7:52.1	1:58.0	212.9		
380	Dave Carriere	m	Free Spirits VIII	7:52.3	1:58.1	212.6		
381	Candida B	f	Tribesports II	7:54.6	1:58.7	209.5		
382	Chantal Cesses	f	FIRT III	7:57.8	1:59.5	205.4		
383	Jonathan Turns ETT	M	Empty the Tanks II	7:58.2	1:59.6	204.8		
384	Demi Warrick	f	Fitness Matters XIV	8:00.3	2:00.1	202.2		
385	Chet Cressman	M	Sub 7 XIV	8:02.1	2:00.5	199.9		
386	Susan Young	F	Sub 7 XIV	8:06.8	2:01.7	194.2		
387	Jill Underwood	F	Free Spirits VI	8:09.8	2:02.5	190.6		
388	Silke_DE	f	ÅIRC I	8:10.0	2:02.5	190.4		
389	Cynthia Runia	F	Age Without Limits I	8:15.5	2:03.9	184.1		
390	Amy Warrick	f	Fitness Matters XV	8:18.3	2:04.6	181.0		
391	87 years old but not cold	M	The Sprint Group I	8:18.6	2:04.7	180.7		
392	Eloisa Murdoch	F	Empty the Tanks I	8:18.7	2:04.7	180.6		
393	Shelagh Allen	F	Sub 7 XV	8:26.9	2:06.7	172.0		
394	Heather Powell	f	Sub 7 XIV	8:32.6	2:08.2	166.3		
395	Amelia Jean	f	Empty the Tanks II	8:58.2	2:14.6	143.7		
396	Connie Warrick	f	Fitness Matters XV	8:58.5	2:14.6	143.4		
397	Oliver Rogerson FM	m	Fitness Matters XVI	9:00.4	2:15.1	141.9		
398	Caroline Joynson	f	Empty the Tanks II	9:02.4	2:15.6	140.4		
399	Annettski	f	Ski Erg II	9:05.3	2:16.3	138.1		
400	Nadine Boles	F	Red Line Rowers IV	9:06.3	2:16.6	137.4		
401	Jennifer Victory	f	Free Spirits VII	9:06.3	2:16.6	137.4		
402	Sara Lochrie	F	Sub 7 XV	9:07.4	2:16.9	136.6		
403	Andrew Stanway	M	Free Spirits VIII	9:18.9	2:19.7	128.3		
404	Frankie Studley	f	Fitness Matters XVI	9:19.1	2:19.8	128.2		
405	rebr	F	Tribesports III	9:32.1	2:23.0	119.6		
406	Bobbie Rogerson FM	m	Fitness Matters XVI	9:38.6	2:24.7	115.6		
407	Jean Gilmore	F	Forum Flyers VII	9:44.5	2:26.1	112.2		
408	Charlie Warrick	m	Fitness Matters XVI	9:53.2	2:28.3	107.3		
409	Ciaran McNally	m	Sub 7 XV	10:23.8	2:36.0	92.3		
410	mjpermuth	f	Age Without Limits I	10:27.5	2:36.9	90.7		
411	Gillian Burrell	f	Free Spirits VIII	10:37.3	2:39.3	86.5		
412	Alfiski Littleleski	m	Ski Erg III	10:47.2	2:41.8	82.6		
92	Ski Erg III						7:53.9	
	Stew-ski (H)							
	Howard Brammer ski (H)							
	Alfiski Littleleski (L)							
93	Red Line Rowers IV						9:06.3	
	Nadine Boles (F)							
94	Free Spirits VIII						9:16.1	
	Andrew Stanway (H)							
	Dave Carriere (L)							
	Gillian Burrell (F)							
95	Sub 7 XV						9:19.3	
	Ciaran McNally (L)							
	Shelagh Allen (F)							
	Sara Lochrie (F)							
96	Fitness Matters XVI						9:27.8	
	Oliver Rogerson FM (L)							Frankie Studley (F)
	Bobbie Rogerson FM (L)							
	Charlie Warrick (L)							
97	Tribesports III						9:32.1	
	rebr (F)							

The Cross-Team Challenge is not supported or endorsed by Concept 2.
Site written by Daren Chandisingh. Please post any problems on the UK Concept 2 forum.

