



CROSS TEAM CHALLENGE Concept2 Forum Members

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Apr 2017 - The Sub 7 Sprint Spike

This challenge was chosen by the SUB7

Row the following intervals:

177m / 177m / 177m / **777m** / 177m / 177m / 177m
 First interval from a standing start, others are standing or rolling starts.
 Yes, that's **777m** in the middle.
 There are no other restrictions.

You have seven minutes of rests to divide how you like through the reps.

Record your total time for 1839 metres.
 The May challenge will be chosen by ...

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

Most Recent Entries

Date	Name	Cat	Team	Result
2017-05-01	Steve Selwood	MHWT	Taff Attack	6:13.1
2017-05-01	Kristie Harrison	FHWT	Sub 7	8:32.0
2017-05-01	Isaiah Harrison	MHWT	Sub 7	5:57.2
2017-05-01	Chris Gass	MHWT	Fitness Matters	5:06.6
2017-04-30	Susan Young LWT	FLWT	Sub 7	7:20.5

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	Charles Green FM	M Fitness Matters I	4:59.5	1:21.4	648.2	1 Sub 7 I
2	Chris Gass	M Fitness Matters I	5:06.6	1:23.4	604.2	Dan Stanley (H)
3	Dan Stanley	M Sub 7 I	5:07.0	1:23.5	601.8	Pavel Shurmei (H)
4	Sam Blythe	M Fitness Matters I	5:07.7	1:23.7	597.8	Kyle Owen (H)
5	Pavel Shurmei	M Sub 7 I	5:08.0	1:23.7	596.0	94 pts
6	Derek Peterson	M BW Rowing I	5:09.2	1:24.1	589.1	2 Fitness Matters I
7	Justin Farina FM	M Fitness Matters II	5:09.3	1:24.1	588.5	Charles Green FM (H)
8	Danny Graham	M Team Oarsome I	5:11.8	1:24.8	574.5	Chris Gass (H)
9	Thomas D Jackman	M Team Oarsome I	5:12.5	1:25.0	570.6	Sam Blythe (H)
10	Andy Benko	M Paddy Power I	5:12.5	1:25.0	570.6	3 Fitness Matters II
11	Kyle Owen	M Sub 7 I	5:12.5	1:25.0	570.6	Justin Farina FM (H)
12	Axel Dickinson	M Fitness Matters II	5:13.0	1:25.1	567.9	Axel Dickinson (H)
13	ESPRIT Chris Chapman	M ESPRIT I	5:15.0	1:25.6	557.1	Adam Harriman (H)
14	IanS.	M BW Rowing I	5:15.5	1:25.8	554.5	4 Team Oarsome I
15	James Saxton	M Team Oarsome I	5:16.0	1:25.9	551.9	Danny Graham (H)
16	Adam Harriman	M Fitness Matters II	5:16.1	1:25.9	551.4	Thomas D Jackman (H)
17	Colin Burke FM	M Fitness Matters III	5:16.6	1:26.1	548.7	James Saxton (H)
18	G Gioupis FM	M Fitness Matters III	5:16.9	1:26.2	547.2	5 Sub 7 II
19	Paul Yount	M Sub 7 II	5:17.1	1:26.2	546.2	Paul Yount (H)
20	Dirk Möller	M Forum Flyers I	5:17.2	1:26.2	545.6	Warren Matthews (H)
21	John Healey FM	M Fitness Matters III	5:17.3	1:26.3	545.1	Stewart Moss (H)
22	Tim Garratt FM	M Fitness Matters IV	5:19.4	1:26.8	534.4	6 Fitness Matters III
23	Mark Rozewicz	M Fitness Matters IV	5:19.5	1:26.9	533.9	Colin Burke FM (H)
24	PR_SAV	M Team Oarsome II	5:19.6	1:26.9	533.4	G Gioupis FM (H)
25	Tobias Stohr FM	M Fitness Matters IV	5:20.0	1:27.0	531.4	John Healey FM (H)
26	Warren Matthews	M Sub 7 II	5:20.0	1:27.0	531.4	7 Sub 7 III
27	Mark Roberson FM	M Fitness Matters V	5:20.1	1:27.0	530.9	James Cartwright (H)
28	David Moody	M Fitness Matters V	5:20.5	1:27.1	529.0	Casey Clarke (H)
29	Hameed Mourani FM	M Fitness Matters V	5:21.9	1:27.5	522.1	David Scott (H)
30	Simon Jones	M MAD I	5:22.2	1:27.6	520.6	8 BW Rowing I
31	Stewart Moss	M Sub 7 II	5:22.6	1:27.7	518.7	Derek Peterson (H)
32	James Cartwright	M Sub 7 III	5:22.8	1:27.8	517.7	IanS. (H)
33	ESPRIT Al Nisbet	M ESPRIT I	5:23.2	1:27.9	515.8	Tim Bartels (H)
34	Casey Clarke	M Sub 7 III	5:23.3	1:27.9	515.3	9 ESPRIT I
35	william wragge	M Fitness Matters VI	5:23.4	1:27.9	514.9	ESPRIT Chris Chapman (H)
36	Justin Farina ski	M Ski Erg I	5:23.6	1:28.0	513.9	ESPRIT Al Nisbet (H)
37	Tim Bartels	M BW Rowing I	5:24.3	1:28.2	510.6	Dean Harris (H)
38	David Scott	M Sub 7 III	5:24.4	1:28.2	510.1	10 Fitness Matters IV
39	Sean Corsiglia	M BW Rowing II	5:24.7	1:28.3	508.7	Tim Garratt FM (H)
40	hjs	M Forum Flyers I	5:24.9	1:28.3	507.8	Mark Rozewicz (H)
41	Chris Wright FM	M Fitness Matters VI	5:25.0	1:28.4	507.3	Tobias Stohr FM (H)
42	Danjal Martin Hofgaard FM	m Fitness Matters I	5:25.5	1:28.5	505.0	11 Fitness Matters V
43	Dean Harris	M ESPRIT I	5:26.6	1:28.8	499.9	Mark Roberson FM (H)
44	Robert Mayes	M DLC Gidea Park I	5:26.8	1:28.9	499.0	David Moody (H)
45	11Thomas Hansen	M Fitness Matters VI	5:27.3	1:29.0	496.7	Hameed Mourani FM (H)
46	Siebe Jongbloed	M Forum Flyers I	5:27.7	1:29.1	494.9	12 Sub 7 IV
47	Ross Smith	M BW Rowing II	5:27.8	1:29.1	494.4	Steve Kamdem Lewe (H)
48	Luke Meldon	M Fitness Matters VII	5:28.8	1:29.4	489.9	James Murray (H)
49	Kyle Malone	M BW Rowing II	5:29.5	1:29.6	486.8	Cy Gwyllt (H)
50	Robert Carson	M Fitness Matters VII	5:29.6	1:29.6	486.3	13 Paddy Power I
51	BlanksbyFM	m Fitness Matters VII	5:30.2	1:29.8	483.7	Andy Benko (H)
52	Stefan Clarke	m Sub 7 I	5:30.4	1:29.8	482.8	Jeff Gay (H)
53	35Rowdy	M Fitness Matters VIII	5:30.6	1:29.9	481.9	Alastair Peake PP (L)
54	Johan Nilsson	M Ski Erg I	5:30.9	1:30.0	480.6	14 Fitness Matters VI
55	ESPRIT James Baker	M ESPRIT II	5:31.5	1:30.1	478.0	william wragge (H)
56	Alastair Peake PP	m Paddy Power I	5:31.6	1:30.2	477.6	Chris Wright FM (H)
57	Steve Kamdem Lewe	M Sub 7 IV	5:31.8	1:30.2	476.7	11Thomas Hansen (H)
						15 BW Rowing II
						Sean Corsiglia (H)
						Ross Smith (H)
						80 pts
						Oliver Warren (L)
						Zoe (F)

58 Bergur Jensen	m	Sub 7 II	5:32.1	1:30.3	475.4	Kyle Malone (H)	
59 James Murray	M	Sub 7 IV	5:32.6	1:30.4	473.3	16 Sub 7 V	
60 Cy Gwyllt	M	Sub 7 IV	5:32.7	1:30.5	472.9	Martin Evans (H)	Nolan Thomas Messer (L)
61 Elena Buryak	F	Sub 7 I	5:33.0	1:30.5	471.6	Alex Doidge (H)	Sarita Kristina Hansen (F)
62 Tom Rogers FM	M	Fitness Matters VIII	5:33.7	1:30.7	468.6	Glynn Powell (H)	
63 danfennell	M	Free Spirits I	5:33.9	1:30.8	467.8	17 Ski Erg I	
64 Jon Melson	M	DLC Gidea Park I	5:34.2	1:30.9	466.5	Justin Farina ski (H)	js.klski (L)
65 Danny Ryan FM	m	Fitness Matters II	5:34.9	1:31.1	463.6	Johan Nilsson (H)	Marisa Willms (F)
66 Martin Evans	M	Sub 7 V	5:35.0	1:31.1	463.2	Casey Clarke SkiErg (H)	
67 Alex Doidge	M	Sub 7 V	5:35.2	1:31.1	462.4	18 Fitness Matters VII	
68 Glynn Powell	M	Sub 7 V	5:35.4	1:31.2	461.5	Luke Meldon (H)	Mike KM Beard (L)
69 Dave Pimm FM	M	Fitness Matters VIII	5:35.8	1:31.3	459.9	Robert Carson (H)	1Jane Evadney (F)
70 Parker Sheppard	M	Independent I	5:36.1	1:31.4	458.7	BlanksbyFM (H)	
71 Jens Kristian Dam	m	Sub 7 III	5:36.5	1:31.5	457.0	19 DLC Gidea Park I	
72 Kevin James FM	M	Fitness Matters IX	5:36.7	1:31.5	456.2	Robert Mayes (H)	Joe Giggins (L)
73 John Starkey	M	Cornish Gig Rowers IRC I	5:37.1	1:31.7	454.6	Jon Melson (H)	Judith Veenhuizen (F)
74 MartinB FF	M	Forum Flyers II	5:37.1	1:31.7	454.6	Bob Bell (H)	
75 Wiecher	M	Forum Flyers II	5:37.1	1:31.7	454.6	20 Sub 7 VI	
76 Keith Darby	m	Red Line Rowers I	5:37.4	1:31.7	453.4	Harry Wilkes (H)	James Howard (L)
77 Bob Bell	M	DLC Gidea Park I	5:37.6	1:31.8	452.6	Richard Cheeseman (H)	Rhian Bowen (F)
78 Harry Wilkes	M	Sub 7 VI	5:37.6	1:31.8	452.6	Al Treacy S7 (H)	
79 Richard Cheeseman	M	Sub 7 VI	5:37.8	1:31.8	451.8	21 FIRT I	
80 Al Treacy S7	M	Sub 7 VI	5:38.0	1:31.9	451.0	Scott Kevin (H)	patrice CORNUT (L)
81 Arkadiusz Kieliszek	m	Sub 7 IV	5:38.0	1:31.9	451.0	Sanjuan aip-perpignan (H)	CindyP (F)
82 Mark Powell	M	Sub 7 VII	5:38.1	1:31.9	450.6	Cap Marara Cyouliric (H)	
83 Mac McNelis	M	Sub 7 VII	5:38.1	1:31.9	450.6	22 Team Oarsome II	
84 Stewart Wyllie	M	RowPro Rowers I	5:38.3	1:32.0	449.8	PR_SAV (H)	Gregory Cook II (L)
85 Matt Foster	M	Sub 7 VII	5:38.4	1:32.0	449.4	Gerry Armstrong (H)	Arlene Wade (TO) (F)
86 Gerry Armstrong	M	Team Oarsome II	5:38.9	1:32.1	447.4	Dave Chmilowskyj (H)	
87 Emile Cilliers	M	Sub 7 VIII	5:38.9	1:32.1	447.4	23 Fitness Matters VIII	
88 Alan Thomas	M	Sub 7 VIII	5:39.3	1:32.3	445.8	35Rowdy (H)	Mark Shaw (L)
89 ESPRIT James Osullivan	M	ESPRIT II	5:39.4	1:32.3	445.4	Tom Rogers FM (H)	Malin Faraasen (F)
90 Owain Latham	M	Sub 7 VIII	5:39.4	1:32.3	445.4	Dave Pimm FM (H)	
91 Kevin Baldwin	M	Sub 7 IX	5:39.5	1:32.3	445.0	24 Red Line Rowers I	
92 Bruno Spartan FM	M	Fitness Matters IX	5:39.9	1:32.4	443.5	Michael Anderson (H)	Bezza RLR (L)
93 Scott Kevin	M	FIRT I	5:40.1	1:32.5	442.7	Rowland Hills (RLR) (H)	Tracy Watkins RLR (F)
94 Rory McKirdy	M	BW Rowing III	5:40.2	1:32.5	442.3	Keith Darby (L)	
95 haaico	M	Free Spirits I	5:40.4	1:32.6	441.5	25 Forum Flyers I	
96 Chris Brown FM1	M	Fitness Matters IX	5:40.6	1:32.6	440.7	Dirk Möller (H)	Rohan Gifford (L)
97 Kjetil Foss FM	M	Fitness Matters X	5:41.1	1:32.7	438.8	hjs (H)	Dragana Samardzija (F)
98 John Steventon FM	m	Fitness Matters III	5:41.3	1:32.8	438.0	Siebe Jongebloed (H)	
99 Casey Clarke SkiErg	M	Ski Erg I	5:41.5	1:32.8	437.3	26 Sub 7 VII	
100 Simon Matterface	M	Sub 7 IX	5:41.6	1:32.9	436.9	Mark Powell (H)	Denis Mason S7 (L)
101 Alex Hastie	M	Sub 7 IX	5:42.1	1:33.0	435.0	Mac McNelis (H)	Sarah Laughton (F)
102 Ian Wilde	M	Sub 7 X	5:42.2	1:33.0	434.6	Matt Foster (H)	
103 Sanjuan aip-perpignan	M	FIRT I	5:42.2	1:33.0	434.6	27 ESPRIT II	
104 Michael Anderson	M	Red Line Rowers I	5:42.3	1:33.1	434.2	ESPRIT James Baker (H)	ESPRIT Connor Stewart (L)
105 Marcus Schug FM	M	Fitness Matters X	5:42.8	1:33.2	432.3	ESPRIT James Osullivan (H)	ESPRIT Victoria Taylor (F)
106 Chris Leonard	m	Fitness Matters IV	5:43.0	1:33.3	431.5	ESPRIT Julian Warrick (H)	
107 Mat Ward S7	M	Sub 7 X	5:43.3	1:33.3	430.4	28 Sub 7 VIII	
108 Dave Chmilowskyj	M	Team Oarsome II	5:43.4	1:33.4	430.0	Emile Cilliers (H)	James Thornton (L)
109 Martin FF	M	Forum Flyers II	5:43.8	1:33.5	428.5	Alan Thomas (H)	Vicki Baldwin (F)
110 Nigel COLLEY	M	Fitness Matters X	5:43.9	1:33.5	428.2	Owain Latham (H)	
111 Steve Roedde	m	Team Oarsome I	5:44.0	1:33.5	427.8	29 Free Spirits I	
112 W de Jong	M	Forum Flyers III	5:44.2	1:33.6	427.0	danfennell (H)	David Plumb (L)
113 George S	M	BW Rowing III	5:44.2	1:33.6	427.0	haaico (H)	Amanda Behrendt (F)
114 Joshua Cherwinski	m	Paddy Power I	5:44.4	1:33.6	426.3	Felton Humble (H)	
115 Kieran Cahill	m	MAD I	5:44.4	1:33.6	426.3	30 Sub 7 IX	
116 Cap Marara Cyouliric	M	FIRT I	5:44.8	1:33.7	424.8	Kevin Baldwin (H)	bojam (L)
117 Howard Brammer	M	Fitness Matters XI	5:45.0	1:33.8	424.1	Simon Matterface (H)	Margaret Greenhall (F)
118 Jon Goodall	M	MAD I	5:45.3	1:33.9	423.0	Alex Hastie (H)	
119 Tim Jenns FM	m	Fitness Matters V	5:45.3	1:33.9	423.0	31 RowPro Rowers I	
120 Nolan Thomas Messer	m	Sub 7 V	5:45.4	1:33.9	422.6	Stewart Wyllie (H)	Arwed Egger (L)
121 Felton Humble	M	Free Spirits I	5:46.2	1:34.1	419.7	Amadee Pelgrim (H)	Jordan Falcone (F)
122 Robert Jones	M	Sub 7 X	5:46.4	1:34.2	419.0	Doug Rolland (H)	
123 Phillip Welch	M	Sub 7 XI	5:47.0	1:34.3	416.8	32 Fitness Matters IX	
124 Jeff Gay	M	Paddy Power I	5:47.1	1:34.4	416.4	Kevin James FM (H)	Andy Knight FM (L)
125 Arwed Egger	m	RowPro Rowers I	5:47.1	1:34.4	416.4	Bruno Spartan FM (H)	Annfrid (F)
126 James Howard	m	Sub 7 VI	5:47.4	1:34.5	415.3	Chris Brown FM1 (H)	
127 Keane Ryan	m	Fitness Matters VI	5:47.6	1:34.5	414.6	33 Sub 7 X	
128 Peter Clowes	M	Team Oarsome III	5:47.9	1:34.6	413.6	Ian Wilde (H)	Alfred Okello (L)
129 Lindsayh	M	Forum Flyers III	5:48.0	1:34.6	413.2	Mat Ward S7 (H)	Carol Woodward (F)
130 Steve Sidaway	M	Sub 7 XI	5:48.1	1:34.6	412.8	Robert Jones (H)	
131 tony walpole	M	Fitness Matters XI	5:48.3	1:34.7	412.1	34 BW Rowing III	
132 kettlelower	M	Fitness Matters XI	5:48.5	1:34.8	411.4	Rory McKirdy (H)	Thijs (L)
133 Michael Benjamin	M	Sub 7 XI	5:48.6	1:34.8	411.1	George S (H)	Samantha Doubtfire (F)
134 Dan Froehlich	M	BW Rowing III	5:48.6	1:34.8	411.1	Dan Froehlich (H)	
135 Allan Hallberg	M	Forum Flyers III	5:48.6	1:34.8	411.1	35 Fitness Matters X	
136 Pongi	M	Fitness Matters XII	5:48.7	1:34.8	410.7	Kjetil Foss FM (H)	Ashley Dawe LWT (L)
137 Larry Tait	M	Team Oarsome III	5:49.1	1:34.9	409.3	Marcus Schug FM (H)	Matilda Walpole FM (F)
138 Stephen Perkins FM	M	Fitness Matters XII	5:49.5	1:35.0	407.9	Nigel COLLEY (H)	
139 pete edkins	M	Fitness Matters XII	5:49.6	1:35.1	407.6	36 FIRT II	
140 Paul_Timmons	m	Paddy Power II	5:49.7	1:35.1	407.2	Cap Marara Nuuroabozy (H)	Jean-Pierre GORIN (L)
141 Gregory Cook II	m	Team Oarsome II	5:50.0	1:35.2	406.2	Ajaccio IRC - Christophe REYNIER (H)	Virginie RATSAVONG (F)
142 ESPRIT Julian Warrick	M	ESPRIT II	5:50.8	1:35.4	403.4	Isula CF - Paul AGNOUX (H)	
143 Cap Marara Nuuroabozy	M	FIRT II	5:50.9	1:35.4	403.0	37 Sub 7 XI	
144 Marc Charman PP	m	Paddy Power II	5:51.0	1:35.4	402.7	Phillip Welch (H)	Rod.Chinn (L)
145 patrice CORNUT	m	FIRT I	5:51.2	1:35.5	402.0	Steve Sidaway (H)	Dee_Amon (F)
146 Gabriele Tarsia Incuria	M	BW Rowing IV	5:51.4	1:35.5	401.3	Michael Benjamin (H)	
147 Niel Stevenson	M	BW Rowing IV	5:51.4	1:35.5	401.3	38 Fitness Matters XI	
148 ESPRIT Frank McGuigan	M	ESPRIT III	5:51.9	1:35.7	399.6	Howard Brammer (H)	Per-Arne Syvertsen (L)
149 John Ali S7	M	Sub 7 XII	5:52.3	1:35.8	398.3	tony walpole (H)	Lori Lindahl (F)
150 Nigel Farmer	M	Forum Flyers IV	5:52.4	1:35.8	397.9	kettlelower (H)	
151 Alex Dunne	M	Sub 7 XII	5:53.2	1:36.0	395.2	39 FIRT III	
152 Rowland Hills (RLR)	M	Red Line Rowers I	5:54.0	1:36.2	392.5	Isula CF - Valentin HERISSON (H)	david FROC (L)
153 ESPRIT Bill Schmidt	m	ESPRIT I	5:54.1	1:36.3	392.2	Cap Marara Louis (H)	Edwige A (F)
154 Bezza RLR	m	Red Line Rowers I	5:54.9	1:36.5	389.6	bougli13 (L)	
155 Floriano	M	Fitness Matters XIII	5:55.1	1:36.5	388.9	40 Paddy Power II	
						Mark Fowler (H)	Colin O'Neill (L)
						Paul_Timmons (L)	Keryn Jones (F)
						Marc Charman PP (L)	
						41 Forum Flyers II	
						MartinB FF (H)	Will Haskell (L)
						Wiecher (H)	Georgina Price (F)
						Martin FF (H)	

254 Isula CF - Julien COPPI	M FIRT V	6:12.5	1:41.3	336.9	68	Steve Smith (H)	Jon Palin (L)
255 David Speed	M Team Oarsome III	6:12.8	1:41.4	336.1		Peter Weiß (H)	Barbara H (F)
256 James Bradbourn	M Sub 7 XIX	6:12.9	1:41.4	335.8	27 pts	Paul Victory (H)	
257 steeve DANDREY	M FIRT V	6:13.0	1:41.4	335.6	69 Fitness Matters XIV		
258 Steve Selwood	M Taff Attack I	6:13.1	1:41.4	335.3		Ray Lowrie FM (H)	1Elnaz FM (L)
259 AndersP_Swe	M ÅIRC I	6:13.2	1:41.5	335.0	26 pts	Andy Barwell FM (H)	Rachael Griffin FM (F)
260 01Hal Appleyard	M Sub 7 XIX	6:13.5	1:41.5	334.2	70 FIRT VIII	Wil O'Donovan (H)	
261 Kenneth Murdoch	M Empty the Tanks I	6:13.6	1:41.6	334.0	25 pts	Cap Marara Thierry (H)	herve pruneau (L)
262 Yvonne Apitz	F Sub 7 III	6:13.7	1:41.6	333.7		Ajaccio IRC - Francois REBUFFAT (H)	Evian nath (F)
263 John McCarthy	M Sub 7 XIX	6:13.9	1:41.7	333.1	71 Sub 7 XVIII	Isula CF - Michel MATTEI (H)	
264 ESPRIT Victoria Taylor	F ESPRIT II	6:14.0	1:41.7	332.9	24 pts	MarkChapman (H)	Susan Young LWT (L)
265 LAWalker	F BW Rowing I	6:14.1	1:41.7	332.6		Mark Lindstrom (H)	Caroline Champion (F)
266 Steve Smith	M Free Spirits IV	6:14.5	1:41.8	331.5	72 RowPro Rowers II	Sam white HW (H)	
267 Elliott Papantoniou FM	M Fitness Matters XV	6:14.5	1:41.8	331.5	23 pts	David Junta (H)	Bill Wakeley (L)
268 Ajaccio IRC - Gilles ROMAN	M FIRT V	6:14.7	1:41.9	331.0		Stephen Gower (H)	France Bergeron (F)
269 Steve Carr S7	M Sub 7 XX	6:14.9	1:41.9	330.5	73 FIRT IX	Ruud Jackel (H)	
270 Oscar Bergenholtz	m Ski Erg II	6:15.0	1:42.0	330.2	22 pts	Ajaccio IRC - Jean DUPAIN (H)	Cap Marara Tehan (L)
271 Sarah Rogerson FM	f Fitness Matters III	6:15.1	1:42.0	330.0		Cap Marara Thierry A (H)	Evian Aline (F)
272 Peter FF	M Forum Flyers VI	6:15.3	1:42.0	329.4	74 Paddy Power III	Isula CF - Stephane AIROLA (H)	
273 Rhys Phillips	M Paddy Power III	6:15.7	1:42.1	328.4	21 pts	Maurice O'Kane (H)	Joe A Keating (L)
274 Kristi Stoddard	F Sub 7 IV	6:15.9	1:42.2	327.9		Rhys Phillips (H)	Trish (F)
275 Andy Cole	M Gee Crew I	6:16.6	1:42.4	326.0	75 ROWING CLUB MANTOVA I	Mark Underwood (L)	
276 Markus Dorn	M C2TweetCrew I	6:17.6	1:42.7	323.5	20 pts	FREELANCE MN BUOLI ROMANO (H)	FREELANCE MN SOMENZI S1
277 Tracy Watkins RLR	F Red Line Rowers I	6:17.7	1:42.7	323.2		FREELANCE MN NODARI CORRADO (H)	FREELANCE MN SPEGGIORI
278 Heather K Kenton	f Paddy Power I	6:18.1	1:42.8	322.2	76 FIRT X	FREELANCE MN NASI PIERGORGIO (L)	
279 ESPRIT Ernie Rutherford	M ESPRIT IV	6:18.1	1:42.8	322.2	19 pts	Isula CF - Romain ROCAULT (H)	thomas jean philippe (L)
280 Joshua_Ski Cherwinski_Ski	m Ski Erg II	6:18.3	1:42.9	321.7		Cap Marara Olivier A (H)	Cap Marara Teresa (F)
281 Mercier	m FIRT V	6:18.6	1:42.9	320.9	Sub 7 XIX	Didier PI (H)	
282 Hannah Hawkins	F Team Oarsome I	6:18.7	1:43.0	320.6	18 pts	James Bradbourn (H)	Penny Powell (L)
283 Mark Underwood	m Paddy Power III	6:18.7	1:43.0	320.6		01Hal Appleyard (H)	Judith E (F)
284 Stuart Thorp	M Fitness Matters XV	6:18.7	1:43.0	320.6	77 Fitness Matters XV	John McCarthy (H)	
285 Tony Lorrimer	m Gee Crew I	6:19.2	1:43.1	319.4	17 pts	Eliott Papantoniou FM (H)	Hermione Leonard (L)
286 Doug Rolland	M RowPro Rowers I	6:19.5	1:43.2	318.6		Stuart Thorp (H)	Monika Duda FM (F)
287 CindyP	F FIRT I	6:20.2	1:43.4	316.9	78 FIRT XI	Richard Carpenter (H)	
288 Sam Rogerson FM	m Fitness Matters XII	6:20.7	1:43.5	315.6	16 pts	Christophe MATHIEZ (H)	Lestrade Th. (L)
289 Harry Hellam	m Fitness Matters XIII	6:20.7	1:43.5	315.6		Isula CF - Mickael D'AMORE (H)	Laurence LOPEZ (F)
290 Matt Lloyd	M Sub 7 XX	6:21.0	1:43.6	314.9	79 FIRT XII	Isula CF - Marcio BRAS (H)	
291 patrick TERGEMINA	M FIRT VI	6:21.3	1:43.7	314.1	15 pts	simon FF (H)	BradT2 FF (L)
292 Cap Marara Gilles	M FIRT VI	6:21.7	1:43.8	313.1		W.Gerssen (H)	Jean Gilmore (F)
293 Cap Marara JC	M FIRT VI	6:21.8	1:43.8	312.9	80 Tribesports I	Steve Ockerby (H)	
294 Peter Weiß	M Free Spirits IV	6:21.9	1:43.8	312.6	14 pts	Christopher Smith (H)	Alan Strang (TS) (L)
295 Barry McKechnie	M Sub 7 XX	6:22.2	1:43.9	311.9		StJohn Ford (H)	Rochelle M (F)
296 James Thornton SkiErg	m Ski Erg II	6:22.3	1:43.9	311.7	81 DLC Gidea Park III	Andy Tripp (H)	
297 Edward Taylor	m Gee Crew I	6:22.3	1:43.9	311.7	13 pts	John Price (H)	Daniel Keeling (L)
298 Gianluigi Barone	M Sub 7 XXI	6:22.3	1:43.9	311.7		Ryan Ferrie (H)	Becky Long (F)
299 ESPRIT Micky Tekyi	M ESPRIT IV	6:22.4	1:44.0	311.4	82 FIRT XIII	Richard Courtney (L)	
300 David Plumb	m Free Spirits I	6:22.5	1:44.0	311.2	12 pts	Cap Marara Damien (H)	Cap Marara Olivier (L)
301 Jon P Taylor	m Free Spirits II	6:22.8	1:44.1	310.4		cap Marara Carlos (H)	Cap Marara Fabienne (F)
302 Richard Campos (RLR)	M Red Line Rowers III	6:22.9	1:44.1	310.2	83 Age Without Limits I	Cap Marara Paitu (H)	
303 Rod.Chinn	m Sub 7 XI	6:23.0	1:44.1	310.0	11 pts	Mark Keown (H)	Adam Eshborn (L)
304 Isula CF - Bruno MATTEI	M FIRT VII	6:23.1	1:44.2	309.7		Chris R (H)	mjpermuth (F)
305 Will Haskell	m Forum Flyers II	6:23.5	1:44.3	308.8	84 Sub 7 XX	Steve Motzny (H)	
306 Stuart Power	m DLC Gidea Park II	6:23.6	1:44.3	308.5	10 pts	Steve Carr S7 (H)	Heather Powell (L)
307 Funkyrower	M Gee Crew I	6:23.7	1:44.3	308.3		Matt Lloyd (H)	diana kornbrot (F)
308 Isula CF - Mickael ANTONI	M FIRT VII	6:24.0	1:44.4	307.5	85 CUS Bergamo I	Barry McKechnie (H)	
309 Fredrik Semstrand	M ÅIRC II	6:24.3	1:44.5	306.8	9 pts	FREELANCE BG CORRADO LAURETTA (H)	FREELANCE BG MARTINA SA
310 Marisa Willms	F Ski Erg I	6:24.5	1:44.5	306.3		FREELANCE BG MILANI DARIO (H)	FREELANCE BG LANZONI S (
311 ESPRIT Connor Stewart	m ESPRIT II	6:24.6	1:44.6	306.1	86 FIRT XIV	FREELANCE BG Alessandro Corno (L)	
312 Thijs	m BW Rowing III	6:24.8	1:44.6	305.6	8 pts	Isula CF - David BALDI (H)	Cap Marara Amaury (L)
313 andy warner	M Sub 7 XXI	6:25.1	1:44.7	304.9		Ajaccio IRC - Pierre MATTEI (H)	Cap Marara Mareva (F)
314 Amanda Behrendt	F Free Spirits I	6:25.3	1:44.8	304.4	87 C2TweetCrew I	Isula CF - Christophe MOTA (H)	
315 Ajaccio IRC - Denis DOYEN	M FIRT VII	6:25.8	1:44.9	303.3	7 pts	Kay Bieri (H)	Borut Hafner (L)
316 Geoffrey Simon	M Sub 7 XXI	6:25.9	1:44.9	303.0		Markus Dorn (H)	Helena H. 2005 (F)
317 ESPRIT Sarah Gibbs	f ESPRIT III	6:26.1	1:45.0	302.6	88 Free Spirits V	Stan Shatenstein (L)	
318 Aaron Lancasterski	M Ski Erg III	6:26.1	1:45.0	302.6	6 pts	Mark Cawthorne (H)	Peter Tullett (L)
319 Mike Brownjohn	m DLC Gidea Park II	6:26.2	1:45.0	302.3		e-Clair (H)	clareburrell (F)
320 Sarita Kristina Hansen	f Sub 7 V	6:26.6	1:45.1	301.4	89 FIRT XV	Andrew Stanway (H)	
321 Arwed Egger Ski	m Ski Erg III	6:26.7	1:45.1	301.1	5 pts	Isula CF - Anthony D'AMORE (H)	Cap Marara Agnes (F)
322 Zoe	F BW Rowing II	6:26.8	1:45.2	300.9		Cap Marara Franck (H)	Cap Marara Christine B (F)
323 Simon_Eng	M ÅIRC II	6:26.9	1:45.2	300.7	90 Fitness Matters XVI	Ajaccio IRC - Theo REYNIER (L)	
324 Judith Veenhuizen	F DLC Gidea Park I	6:27.2	1:45.3	300.0	4 pts	Cemlyn Jones (H)	1Henriette FM (F)
325 FREELANCE MN BUOLI ROMANO	M ROWING CLUB MANTOVA I	6:27.3	1:45.3	299.8		Oliver Rogerson FM (L)	BrendaFM (F)
326 Ethan Frigon	m BW Rowing IV	6:27.8	1:45.4	298.6	91 ROWING CLUB MANTOVA II	AncaV (L)	
327 Ben Martinez	m Forum Flyers III	6:28.0	1:45.5	298.1	3 pts	FREELANCE MN FLISI ALBERTO (H)	FREELANCE MN PARIGI ELIS
328 Cap Marara Thierry	M FIRT VIII	6:28.1	1:45.5	297.9		FREELANCE MN LEONE ANDREA (L)	FREELANCE MN MIGLIORINI
329 Peter Jones	M Gee Crew II	6:28.1	1:45.5	297.9	92 Independent I	FREELANCE MN BARUFFALDI TIZIANA (L)	
330 Eric Jones	M Sub 7 XXII	6:28.3	1:45.6	297.4	2 pts	Parker Sheppard (H)	Alfie Barber IND (L)
331 FREELANCE MN NODARI CORRADO	M ROWING CLUB MANTOVA I	6:29.4	1:45.9	294.9		Dave Barber IND (H)	Liz Gent erg (F)
332 FREELANCE MN NASI PIERGORGIO	m ROWING CLUB MANTOVA I	6:29.4	1:45.9	294.9		Oranj (L)	
333 David Junta	M RowPro Rowers II	6:29.5	1:45.9	294.7	93 FIRT XVI		
334 Bill Wakeley	m RowPro Rowers II	6:29.5	1:45.9	294.7	27 pts	Steve Smith (H)	
335 Ajaccio IRC - Francois REBUFFAT	M FIRT VIII	6:29.7	1:46.0	294.2		Peter Weiß (H)	
336 Dimos	m Sub 7 XII	6:30.3	1:46.1	292.9		Paul Victory (H)	
337 Keith Chambers	M Hockley Gym I	6:30.3	1:46.1	292.9			
338 Isula CF - Michel MATTEI	M FIRT VIII	6:30.4	1:46.1	292.7			
339 Katelyn Nicholson	F One Shot I	6:30.5	1:46.2	292.4			
340 Lesley Wright FM	F Fitness Matters IV	6:30.5	1:46.2	292.4			
341 Terry FF	m Forum Flyers IV	6:30.6	1:46.2	292.2			
342 Gary Wootton	M Gee Crew II	6:30.6	1:46.2	292.2			
343 Michelle Robinson FM	F Fitness Matters V	6:31.1	1:46.3	291.1			
344 Ajaccio IRC - Jean DUPAIN	M FIRT IX	6:31.2	1:46.4	290.9			
345 Cap Marara Thierry A	M FIRT IX	6:31.5	1:46.4	290.2			
346 Oranj	m Independent I	6:31.6	1:46.5	290.0			
347 Richard Carpenter	M Fitness Matters XV	6:31.7	1:46.5	289.8			
348 Samantha Doubtfire	F BW Rowing III	6:31.9	1:46.6	289.3			
349 Isula CF - Stephane AIROLA	M FIRT IX	6:32.0	1:46.6	289.1			
350 Alan Strang (TS)	m Tribesports I	6:32.3	1:46.7	288.4			
351 Alan Champion	m Sub 7 XIII	6:32.7	1:46.8	287.6			

125 Fitness Matters XVII

Bobbie Rogerson FM (L)
Patrick Leonard (L)
Darcy Leonard (F)

450 Jayne Atkinson S7	F	Sub 7 XVII	7:13.7	1:57.9	213.5
451 Anna Rico	F	Olimpic Barcelona I	7:13.8	1:57.9	213.3
452 MrsHill Billy	F	Fitness Matters XIII	7:15.7	1:58.5	210.5
453 Keryn Jones	F	Paddy Power II	7:15.9	1:58.5	210.3
454 FREELANCE BG MILANI DARIO	M	CUS Bergamo I	7:16.4	1:58.7	209.5
455 Rachael Griffin FM	F	Fitness Matters XIV	7:16.5	1:58.7	209.4
456 FREELANCE MN SPEGGIORIN ORNELLA	f	ROWING CLUB MANTOVA I	7:16.9	1:58.8	208.8
457 Peter Tullett	m	Free Spirits V	7:17.4	1:58.9	208.1
458 Suzanne Keyte	f	Sub 7 XVII	7:17.8	1:59.0	207.5
459 andrewcrystal	M	Forum Flyers VII	7:18.1	1:59.1	207.1
460 Isula CF - Anthony D'AMORE	M	FIRT XIV	7:18.1	1:59.1	207.1
461 Godfrey Tarling	M	Sub 7 XXIII	7:18.1	1:59.1	207.1
462 Liz Gent erg	F	Independent I	7:18.3	1:59.2	206.8
463 Evian Aline	F	FIRT IX	7:18.4	1:59.2	206.7
464 Annette Wammen	f	RowPro Rowers III	7:18.7	1:59.3	206.3
465 FREELANCE MN SOMENZI STEFANO	m	ROWING CLUB MANTOVA I	7:20.0	1:59.6	204.4
466 Susan Young LWT	f	Sub 7 XVIII	7:20.5	1:59.8	203.7
467 Roger Cruttenden	M	Gee Crew II	7:21.1	1:59.9	202.9
468 Fay Jordan	F	Team Oarsome III	7:22.0	2:00.2	201.7
469 Monika Duda FM	F	Fitness Matters XV	7:22.5	2:00.3	201.0
470 Ajaccio IRC - Theo REYNIER	m	FIRT XIV	7:23.1	2:00.5	200.2
471 IHenriette FM	F	Fitness Matters XVI	7:23.7	2:00.6	199.4
472 FREELANCE MN LEONE ANDREA	m	ROWING CLUB MANTOVA II	7:23.9	2:00.7	199.1
473 FREELANCE MN FLISI ALBERTO	M	ROWING CLUB MANTOVA II	7:24.3	2:00.8	198.6
474 Daniel Keeling	m	DLC Gidea Park III	7:24.7	2:00.9	198.0
475 Liz Gent	F	Ski Erg II	7:24.9	2:01.0	197.7
476 clareburrell	f	Free Spirits V	7:29.2	2:02.1	192.1
477 Cap Marara Teresa	f	FIRT X	7:30.6	2:02.5	190.3
478 Cap Marara Franck	M	FIRT XIV	7:30.9	2:02.6	190.0
479 FREELANCE MN PARIGI ELISA	f	ROWING CLUB MANTOVA II	7:32.4	2:03.0	188.1
480 IElnaz FM	f	Fitness Matters XIV	7:34.6	2:03.6	185.4
481 Tommy Gee	M	Gee Crew III	7:34.8	2:03.7	185.1
482 Georgina Price	F	Forum Flyers II	7:34.9	2:03.7	185.0
483 SChambers0506	F	Hockley Gym I	7:34.9	2:03.7	185.0
484 Cristina_Rom	f	ÅIRC I	7:35.3	2:03.8	184.5
485 Chet Cressman	M	Sub 7 XXIV	7:35.5	2:03.8	184.3
486 Caroline Champion	F	Sub 7 XVIII	7:37.4	2:04.4	182.0
487 Laurence LOPEZ	F	FIRT XI	7:37.4	2:04.4	182.0
488 Penny Powell	f	Sub 7 XIX	7:39.8	2:05.0	179.1
489 Cap Marara Fabienne	F	FIRT XII	7:40.4	2:05.2	178.4
490 Melissa FF	F	Forum Flyers III	7:40.5	2:05.2	178.3
491 Cap Marara Mareva	F	FIRT XIII	7:41.5	2:05.5	177.2
492 Kay Hughes	F	Team Oarsome IV	7:41.6	2:05.5	177.1
493 Andrew Stanway	M	Free Spirits V	7:42.1	2:05.6	176.5
494 Hermione Leonard	f	Fitness Matters XV	7:42.1	2:05.6	176.5
495 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	7:43.5	2:06.0	174.9
496 Jill Percival	F	LiveRowing I	7:43.6	2:06.0	174.8
497 AncaV	f	Fitness Matters XVI	7:45.7	2:06.6	172.4
498 Chris Hester	M	Forum Flyers VII	7:45.9	2:06.7	172.2
499 Judith E	F	Sub 7 XIX	7:47.5	2:07.1	170.4
500 Jonathan Turns ETT	M	Empty the Tanks I	7:47.8	2:07.2	170.1
501 Cap Marara Agnes	f	FIRT XIV	7:48.2	2:07.3	169.7
502 Dougie (RLR)	M	Red Line Rowers III	7:48.7	2:07.4	169.1
503 Cap Marara Christine B	F	FIRT XIV	7:49.4	2:07.6	168.4
504 Martin Nairn	M	Tribesports II	7:53.1	2:08.6	164.5
505 Sarah Coldicott	F	BW Rowing V	7:53.9	2:08.8	163.6
506 Cap Marara Jenny	f	FIRT XV	7:56.1	2:09.4	161.4
507 Cap Marara birgit	F	FIRT XV	7:58.4	2:10.1	159.0
508 Isula CF - Gaelle BELLINA	f	FIRT XV	8:00.7	2:10.7	156.8
509 FREELANCE BG MARTINA SANTAMARIA	f	CUS Bergamo I	8:03.4	2:11.4	154.2
510 Lana FF	f	Forum Flyers IV	8:10.8	2:13.4	147.3
511 Oliver Rogerson FM	m	Fitness Matters XVI	8:14.3	2:14.4	144.2
512 BrendaFM	F	Fitness Matters XVI	8:15.5	2:14.7	143.1
513 diana kornbrot	F	Sub 7 XX	8:15.8	2:14.8	142.9
514 Roger Burrell	m	Free Spirits VI	8:16.7	2:15.0	142.1
515 Heather Powell	f	Sub 7 XX	8:17.3	2:15.2	141.6
516 Cap Marara Flora	f	FIRT XV	8:21.3	2:16.3	138.2
517 Rochelle M	F	Tribesports I	8:22.3	2:16.6	137.4
518 Caroline Joynson	f	Empty the Tanks I	8:28.2	2:18.2	132.7
519 FREELANCE MN BARUFFALDI TIZIANA	f	ROWING CLUB MANTOVA II	8:28.4	2:18.2	132.5
520 Gaynor Johnson	F	Red Line Rowers III	8:29.0	2:18.4	132.1
521 Trish	f	Paddy Power III	8:29.3	2:18.5	131.8
522 Shelagh Allen	F	Sub 7 XXI	8:29.3	2:18.5	131.8
523 Kristie Harrison	F	Sub 7 XXII	8:32.0	2:19.2	129.7
524 Klemen H. 2003	m	C2TweetCrew II	8:34.6	2:19.9	127.8
525 Bobbie Rogerson FM	m	Fitness Matters XVII	8:37.1	2:20.6	125.9
526 NC Stanley	M	Age Without Limits II	8:42.2	2:22.0	122.3
527 Karen L	F	Tribesports II	8:42.2	2:22.0	122.3
528 Annettski	f	Ski Erg III	8:42.8	2:22.1	121.9
529 Cap Marara Vaihere	F	FIRT XV	8:43.5	2:22.3	121.4
530 Holly Wahab	F	RowPro Rowers III	8:44.4	2:22.6	120.8
531 FREELANCE RAFFAELLA PANELLA	m	CUS Bergamo II	8:45.6	2:22.9	119.9
532 Alan Buchanan	M	Gee Crew III	8:49.4	2:23.9	117.4
533 Candida B	f	Tribesports II	8:57.0	2:26.0	112.5
534 FREELANCE BG CARPENTIERI GABRIELLA	F	CUS Bergamo II	8:58.8	2:26.5	111.3
535 FREELANCE MN FAVA DANIELA	F	ROWING CLUB MANTOVA III	9:02.1	2:27.4	109.3
536 FREELANCE MN SOMENZI DANIELE	m	ROWING CLUB MANTOVA III	9:03.4	2:27.7	108.5
537 Nadine Boles	F	Red Line Rowers III	9:06.4	2:28.6	106.8
538 Jean Gilmore	F	Forum Flyers V	9:24.0	2:33.3	97.1
539 Mona R	f	Cornish Gig Rowers IRC I	9:25.9	2:33.9	96.1
540 Jennifer Victory	f	Free Spirits VI	9:30.8	2:35.2	93.6
541 mjpermoth	f	Age Without Limits I	10:33.3	2:52.2	68.6
542 Helena H. 2005	f	C2TweetCrew I	10:41.4	2:54.4	66.0
543 Darcy Leonard	f	Fitness Matters XVII	10:58.3	2:59.0	61.0
544 Gillian Burrell	f	Free Spirits VI	11:21.2	3:05.2	55.1
545 Patrick Leonard	m	Fitness Matters XVII	13:52.5	3:46.3	30.2
546 Alfie Barber IND	m	Independent I	14:43.0	4:00.1	25.3

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