



CROSS TEAM CHALLENGE Concept2 Forum Members

Current challenge

View

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Jun 2017 - Oh Gee, fix your rating

This challenge was chosen by the Gee Crew

Row the following intervals:

Row 500m at a stroke rate of 22 strokes per minute
Rest for thirty seconds
Row 1000m at a stroke rate of 26 SPM
Rest for 30s
Row 500m at 30 SPM

Standing start for the opening 500m. Other two can be rolling starts.
As the focus of the challenge is controlled stroke rate at maximum effort, the hope is that entries will follow the rates exactly.
The PM3/PM4/PM5 monitor reading is decisive. There is a five second penalty for each SPM over or under the target rate.
For example 500@24, 1000@27, 500@29 would incur 4 penalties, 20 seconds total.
There are no other restrictions.
Record your total time for 2000 metres of rowing.

The July challenge will be chosen by DLC Gidea Park

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

Most Recent Entries

Date	Name	Cat	Team	Result
2017-07-01	Jonas Kiltthau	MLWT	BW Rowing	6:34.4
2017-07-01	Donald R Scott	MHWT	ESPRIT	7:19.1
2017-07-01	Alex Doidge	MHWT	Sub 7	6:32.8
2017-06-30	Vadim Kutsyy	MHWT	Fitness Matters	7:52.6
2017-06-30	Marjorie	FHWT	Sub 7	8:36.9

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	Pavel Shurmei	M	Sub 7 I	5:55.4	1:28.9	499.0	1	Sub 7 I	6
2	Maciej Maciejewski (BW)	M	BW Rowing I	5:56.1	1:29.0	496.1		Pavel Shurmei (H) Paul Yount (H) Warren Matthews (H)	Stefan Clarke (L) Elena Buryak (F)
3	Ivan Saric	M	BW Rowing I	6:02.2	1:30.6	471.4	82 pts		
4	Justin Farina FM	M	Fitness Matters I	6:05.6	1:31.4	458.4			
5	Derek Peterson	M	BW Rowing I	6:06.1	1:31.5	456.5	2	Fitness Matters I	6
6	Axel Dickinson	M	Fitness Matters I	6:06.5	1:31.6	455.0		Justin Farina FM (H) Axel Dickinson (H) Adam Harriman (H)	Danjal Martin Hofgaard FM (L) Sophie Hooper FM (F)
7	Adam Harriman	M	Fitness Matters I	6:13.8	1:33.5	428.9	81 pts		
8	James Saxton	M	Team Oarsome I	6:14.6	1:33.7	426.1			
9	Danny Graham	M	Team Oarsome I	6:14.9	1:33.7	425.1			
10	Tufi Sele	M	BW Rowing II	6:17.9	1:34.5	415.1	3	BW Rowing I	6
11	ESPRIT Chris Chapman	M	ESPRIT I	6:18.1	1:34.5	414.4	80 pts	Maciej Maciejewski (BW) (H) Ivan Saric (H) Derek Peterson (H)	Jonas Kiltthau (L) Samantha Doubtfire (F)
12	Vaclav Zitta	M	BW Rowing II	6:19.4	1:34.9	410.2			
13	Dave Marshall	M	MAD I	6:20.2	1:35.1	407.6			
14	Fred Loorius	M	FIRT I	6:20.9	1:35.2	405.3	4	Fitness Matters II	6
15	Colin Burke FM	M	Fitness Matters II	6:21.0	1:35.3	405.0	79 pts	Colin Burke FM (H) Mark Rozewicz (H) Tobias Stohr FM (H)	Danny Ryan FM (L) Karis Frost FM (F)
16	Mark Rozewicz	M	Fitness Matters II	6:22.2	1:35.6	401.2			
17	j.d	M	MAD I	6:22.4	1:35.6	400.6	5	Team Oarsome I	6
18	Thomas D Jackman	M	Team Oarsome I	6:23.4	1:35.9	397.5		James Saxton (H) Danny Graham (H) Thomas D Jackman (H)	Jeff Arquette (L) Hannah Hawkins (F)
19	Tobias Stohr FM	M	Fitness Matters II	6:23.8	1:36.0	396.2	78 pts		
20	Paul Yount	M	Sub 7 I	6:24.1	1:36.0	395.3			
21	John Healey FM	M	Fitness Matters III	6:24.9	1:36.2	392.8			
22	ESPRIT Dean Harris	M	ESPRIT I	6:25.4	1:36.4	391.3	6	Fitness Matters III	6
23	Siebe Jongbloed	M	Forum Flyers I	6:26.0	1:36.5	389.5		John Healey FM (H) Lee Bawn FM (H) BlanksbyFM (H)	John Steventon FM (L) Amie Marie FM (F)
24	Warren Matthews	M	Sub 7 I	6:26.2	1:36.6	388.9	77 pts		
25	Lee Bawn FM	M	Fitness Matters III	6:26.7	1:36.7	387.4			
26	BlanksbyFM	M	Fitness Matters III	6:26.7	1:36.7	387.4			
27	Tim Garratt FM	M	Fitness Matters IV	6:28.1	1:37.0	383.2	7	Sub 7 II	6
28	Danjal Martin Hofgaard FM	m	Fitness Matters I	6:28.9	1:37.2	380.8	76 pts	Duncan Roy (H) Sebastien Ferket row (H) Kyle Owen (H)	Bergur Jensen (L) Kate Pankhurst (F)
29	Gerry Armstrong	M	Team Oarsome II	6:28.9	1:37.2	380.8			
30	PR_SAV	M	Team Oarsome II	6:29.1	1:37.3	380.2			
31	Duncan Roy	M	Sub 7 II	6:29.6	1:37.4	378.8			
32	David LIOT	M	FIRT I	6:29.8	1:37.5	378.2	75 pts	FIRT I	6
33	Sebcand	M	FIRT I	6:29.9	1:37.5	377.9		Fred Loorius (H) David LIOT (H) Sebcand (H)	js.kls (L) Marie C DRNG (F)
34	Sam Blythe	M	Fitness Matters IV	6:30.1	1:37.5	377.3			
35	11Thomas Hansen	M	Fitness Matters IV	6:30.4	1:37.6	376.5	9	MAD I	6
36	hjs	M	Forum Flyers I	6:31.0	1:37.8	374.7	74 pts	Dave Marshall (H) j.d (H) Mark Mitchell (L)	Kieran Cahill (L) Charlotte Pigg (F)
37	ESPRIT Julian Warrick	M	ESPRIT I	6:31.2	1:37.8	374.2			
38	Sebastien Ferket row	M	Sub 7 II	6:31.3	1:37.8	373.9			
39	AAPaul Buchanan	M	Paddy Power I	6:31.8	1:38.0	372.4	73 pts	ESPRIT I	6
40	ESPRIT Al Nisbet	M	ESPRIT II	6:31.8	1:38.0	372.4		ESPRIT Chris Chapman (H) ESPRIT Dean Harris (H) ESPRIT Julian Warrick (H)	ESPRIT Bill Schmidt (L) ESPRIT Claire Sowerby (F)
41	Kyle Owen	M	Sub 7 II	6:32.2	1:38.1	371.3			
42	Dirk Möller	M	Forum Flyers I	6:32.2	1:38.1	371.3			
43	Casey Clarke	M	Sub 7 III	6:32.7	1:38.2	369.9	72 pts	Sub 7 III	6
44	Alex Doidge	M	Sub 7 III	6:32.8	1:38.2	369.6		Casey Clarke (H) Alex Doidge (H) David Scott (H)	Jens Kristian Dam (L) Yvonne Apitz (F)
45	David Scott	M	Sub 7 III	6:32.9	1:38.2	369.3			
46	Luke Meldon	M	Fitness Matters V	6:33.0	1:38.3	369.0			
47	Ross Love FM	M	Fitness Matters V	6:33.2	1:38.3	368.5	71 pts	Fitness Matters IV	6
48	Robert Carson	M	Fitness Matters V	6:34.3	1:38.6	365.4		Tim Garratt FM (H) Sam Blythe (H) 11Thomas Hansen (H)	Chris Leonard (L) Fliss White FM (F)
49	ESPRIT David Rackstraw	M	ESPRIT II	6:34.3	1:38.6	365.4			
50	Jonas Kiltthau	m	BW Rowing I	6:34.4	1:38.6	365.1	70 pts	Sub 7 IV	6
51	ESPRIT James Baker	M	ESPRIT II	6:34.8	1:38.7	364.0		Kevin Baldwin (H) Simon Matterface (H) James Murray (H)	Arkadiusz Kieliszek (L) Carrie R Mackay Scull (F)
52	Danny Ryan FM	m	Fitness Matters II	6:35.1	1:38.8	363.2			
53	Stefan Clarke	m	Sub 7 I	6:36.1	1:39.0	360.4	69 pts	Fitness Matters V	6
								Luke Meldon (H) Ross Love FM (H)	Simon Amery FM (L) Becky Long FM (F)

54	Kevin Baldwin	M	Sub 7 IV	6:36.2	1:39.1	360.2	Robert Carson (H)		
55	Tom Rogers FM	M	Fitness Matters VI	6:36.2	1:39.1	360.2	15 BW Rowing II		6
56	Elena Buryak	F	Sub 7 I	6:36.6	1:39.2	359.1	Tufi Sele (H)	Mike Lea (L)	
57	Keith Darby	m	Red Line Rowers I	6:36.8	1:39.2	358.5	Vaclav Zitta (H)	Zoe (F)	
58	Bergur Jensen	m	Sub 7 II	6:36.9	1:39.2	358.3	Sean Corsiglia (H)		
59	MaxStirling FIRT	M	FIRT II	6:37.2	1:39.3	357.5	Sub 7 V		6
60	Michael Anderson	M	Red Line Rowers I	6:37.3	1:39.3	357.2	Ally Cooper (H)	Nolan Thomas Messer (L)	
61	Robert Mayes	M	DLC Gidea Park I	6:38.5	1:39.6	354.0	Martin Evans (H)	Sarita Kristina Hansen (F)	
62	Sean Corsiglia	M	BW Rowing II	6:38.9	1:39.7	352.9	Jonny Leese (H)		
63	Sebastian Wenzel	M	BW Rowing III	6:39.2	1:39.8	352.1	17 Team Oarsome II		6
64	Simon Matterface	M	Sub 7 IV	6:39.3	1:39.8	351.8	Gerry Armstrong (H)	Gregory Cook II (L)	
65	James Murray	M	Sub 7 IV	6:39.4	1:39.9	351.6	PR_SAV (H)	Fay Jordan (F)	
66	danfennell	M	Free Spirits I	6:39.6	1:39.9	351.1	Peter Clowes (H)		
67	Stewart Wyllie	M	RowPro Rowers I	6:40.3	1:40.1	349.2	18 ESPRIT II		6
68	Jens Kristian Dam	m	Sub 7 III	6:40.5	1:40.1	348.7	ESPRIT Al Nisbet (H)	ESPRIT Tony Poole (L)	
69	MartinB FF	M	Forum Flyers II	6:40.8	1:40.2	347.9	ESPRIT David Rackstraw (H)	ESPRIT Sarah Gibbs (F)	
70	FSR Ralf Achenbach	M	Free Spirits I	6:40.9	1:40.2	347.6	ESPRIT James Baker (H)		
71	Ally Cooper	M	Sub 7 V	6:41.6	1:40.4	345.8	19 Sub 7 VI		6
72	Mark Mitchell	m	MAD I	6:42.0	1:40.5	344.8	Mat Ward S7 (H)	Shane Denver (L)	
73	Matt Foster TM	M	TRAIN Manchester I	6:42.0	1:40.5	344.8	Andrew Breen (H)	Morgan McGrath (F)	
74	Jeff Arquette	m	Team Oarsome I	6:42.3	1:40.6	344.0	Ian Wilde (H)		
75	Martin Evans	M	Sub 7 V	6:42.3	1:40.6	344.0	20 FIRT II		6
76	Arkadiusz Kieliszek	m	Sub 7 IV	6:42.7	1:40.7	343.0	MaxStirling FIRT (H)	patrice CORNUT (L)	
77	Jonny Leese	M	Sub 7 V	6:42.8	1:40.7	342.8	Gaël SAGON (H)	CindyP (F)	
78	Mat Ward S7	M	Sub 7 VI	6:42.9	1:40.7	342.5	Scott Kevin (H)		
79	Dan Hunter Evans	M	Isenhurst Rowers I	6:43.6	1:40.9	340.7	21 DLC Gidea Park I		6
80	Gaël SAGON	M	FIRT II	6:43.6	1:40.9	340.7	Robert Mayes (H)	Joe Giggins (L)	
81	John Steventon FM	m	Fitness Matters III	6:43.8	1:41.0	340.2	Jon Melson (H)	Gillian Lindsay (F)	
82	Marcus Schug FM	M	Fitness Matters VI	6:43.9	1:41.0	340.0	Adam Seymour (H)		
83	Markus L	M	Neighborhood 831 I	6:44.2	1:41.1	339.2	22 Fitness Matters VI		6
84	Aaron Cowieson	M	Fitness Matters VI	6:44.4	1:41.1	338.7	Tom Rogers FM (H)	Keane Ryan (L)	
85	Jon Melson	M	DLC Gidea Park I	6:44.5	1:41.1	338.4	Marcus Schug FM (H)	Malin Faraasen (F)	
86	ESPRIT Eddie Edwards	M	ESPRIT III	6:44.9	1:41.2	337.4	Aaron Cowieson (H)		
87	Andrew Breen	M	Sub 7 VI	6:44.9	1:41.2	337.4	23 Red Line Rowers I		7
88	Rob Childs	M	Fitness Matters VII	6:45.0	1:41.3	337.2	Michael Anderson (H)	Bezza RLR (L)	
89	Alastair Peake PP	m	Paddy Power I	6:45.1	1:41.3	336.9	Rowland Hills (RLR) (H)	Shelagh tubby (F)	
90	Ian Wilde	M	Sub 7 VI	6:45.6	1:41.4	335.7	Keith Darby (L)		
91	Mark Lindstrom	M	Sub 7 VII	6:46.1	1:41.5	334.5	24 Sub 7 VII		7
92	Ross Smith	M	BW Rowing III	6:46.2	1:41.6	334.2	Mark Lindstrom (H)	James Howard (L)	
93	Matt Knowles	M	Fitness Matters VII	6:46.4	1:41.6	333.7	Robert Jones (H)	Nikki Kelly (F)	
94	Skip Donnelly	M	Age Without Limits I	6:46.7	1:41.7	333.0	Glynn Powell (H)		
95	Chris Leonard	m	Fitness Matters IV	6:47.4	1:41.9	331.3	25 TRAIN Manchester I		7
96	Joseph Rogers	M	Fitness Matters VII	6:47.5	1:41.9	331.0	Matt Foster TM (H)	Mathew Piasecki TM (L)	
97	Robert Jones	M	Sub 7 VII	6:47.7	1:41.9	330.5	Joey Allard1 (H)	Rochelle Quigley TM (F)	
98	Glynn Powell	M	Sub 7 VII	6:48.1	1:42.0	329.6	Ben Harris (H)		
99	Dave Pimm FM	M	Fitness Matters VIII	6:48.4	1:42.1	328.8	26 Paddy Power I		7
100	Pawel Matenko	M	Fitness Matters VIII	6:48.4	1:42.1	328.8	AAPaul Buchanan (H)	Marc Charman PP (L)	
101	Richard Cheeseman	M	Sub 7 VIII	6:48.5	1:42.1	328.6	Mark Fowler (H)	Lucy OB (F)	
102	Kieran Cahill	m	MAD I	6:49.3	1:42.3	326.7	Alastair Peake PP (L)		
103	Howard Brammer	M	Fitness Matters VIII	6:50.2	1:42.6	324.5	27 Sub 7 VIII		7
104	Mac McNelis	M	Sub 7 VIII	6:50.3	1:42.6	324.3	Richard Cheeseman (H)	Patrick Louazel (L)	
105	haaico	M	Free Spirits I	6:50.5	1:42.6	323.8	Mac McNelis (H)	Carol Woodward (F)	
106	js.kls	m	FIRT I	6:50.6	1:42.7	323.6	Harry Wilkes (H)		
107	Nolan Thomas Messer	m	Sub 7 V	6:51.0	1:42.8	322.6	28 Free Spirits I		7
108	Harry Wilkes	M	Sub 7 VIII	6:51.0	1:42.8	322.6	danfennell (H)	David Plumb (L)	
109	Jarrett Moore	M	Fitness Matters IX	6:51.3	1:42.8	321.9	FSR Ralf Achenbach (H)	Amanda Behrendt (F)	
110	Nick Diaz	M	Neighborhood 831 I	6:51.3	1:42.8	321.9	haaico (H)		
111	Amadee Pelgrim	M	RowPro Rowers I	6:51.3	1:42.8	321.9	29 Fitness Matters VII		7
112	Simon Amery FM	m	Fitness Matters V	6:51.4	1:42.9	321.7	Rob Childs (H)	Per-Arne Syvertsen (L)	
113	Dan Stanley	M	Sub 7 IX	6:51.5	1:42.9	321.5	Matt Knowles (H)	Annfrid (F)	
114	Felton Humble	M	Free Spirits II	6:51.6	1:42.9	321.2	Joseph Rogers (H)		
115	Peter Clowes	M	Team Oarsome II	6:51.8	1:43.0	320.8	30 Forum Flyers I		7
116	Dave Chmilowskyj	M	Team Oarsome III	6:52.3	1:43.1	319.6	Siebe Jongebloed (H)	Will Haskell (L)	
117	Andy Parkes	M	Gee Crew I	6:52.4	1:43.1	319.4	njs (H)	Georgina Price (F)	
118	James stapleton	M	Independent I	6:53.3	1:43.3	317.3	Dirk Möller (H)		
119	patrice CORNUT	M	FIRT II	6:53.5	1:43.4	316.8	31 Fitness Matters VIII		7
120	Allan Hallberg	M	Forum Flyers II	6:53.9	1:43.5	315.9	Dave Pimm FM (H)	Mike KM Beard (L)	
121	Richard Abell	M	Isenhurst Rowers I	6:54.7	1:43.7	314.1	Pawel Matenko (H)	Lori Lindahl (F)	
122	Bobby Bell FM	M	Fitness Matters IX	6:55.0	1:43.8	313.4	Howard Brammer (H)		
123	George S	M	BW Rowing III	6:55.3	1:43.8	312.7	32 Sub 7 IX		7
124	Scott Kevin	M	FIRT II	6:55.5	1:43.9	312.3	Dan Stanley (H)	Denis Mason S7 (L)	
125	Kevin James FM	M	Fitness Matters IX	6:55.7	1:43.9	311.8	Graham Martin (H)	Dee_Amon (F)	
126	Keane Ryan	m	Fitness Matters VI	6:55.7	1:43.9	311.8	Ed Furness (H)		
127	Shane Denver	m	Sub 7 VI	6:55.8	1:44.0	311.6	33 BW Rowing III		7
128	Mark Keown	M	Age Without Limits I	6:56.2	1:44.1	310.7	Sebastian Wenzel (H)	Faisal Jamil (L)	
129	Liam Price	M	Team Oarsome III	6:56.2	1:44.1	310.7	Ross Smith (H)	MB Holmes (F)	
130	Martin FF	M	Forum Flyers II	6:56.6	1:44.2	309.8	George S (H)		
131	Gregory Cook II	M	Team Oarsome II	6:56.7	1:44.2	309.6	34 Fitness Matters IX		7
132	Andy Burrows	M	Team Oarsome III	6:56.8	1:44.2	309.4	Jarrett Moore (H)	Andy Knight FM (L)	
133	Euan Adam	M	BW Rowing IV	6:57.2	1:44.3	308.5	Bobby Bell FM (H)	Matilda Walpole FM (F)	
134	Chris Brown FM1	M	Fitness Matters X	6:57.2	1:44.3	308.5	Kevin James FM (H)		
135	Pongi	M	Fitness Matters X	6:57.5	1:44.4	307.8	35 Sub 7 X		7
136	James Howard	m	Sub 7 VII	6:57.7	1:44.4	307.4	James Cartwright (H)	Charlie Badger (L)	
137	John Adcock	M	Forum Flyers III	6:57.7	1:44.4	307.4	Richard Alford-Smith (H)	Bluebell31 (F)	
138	Patrick Louazel	m	Sub 7 VIII	6:58.2	1:44.6	306.3	bojam (L)		
139	Liefcat	M	Free Spirits II	6:58.3	1:44.6	306.0	36 FIRT III		7
140	pete edkins	M	Fitness Matters X	6:58.8	1:44.7	304.9	Alexis Charveriat (H)	Alain mangin (L)	
141	Gillian Lindsay	F	DLC Gidea Park I	6:59.0	1:44.8	304.5	Sanjuan aip-perpignan (H)	Virginie RATSAVONG (F)	
142	Stephen Perkins FM	M	Fitness Matters XI	6:59.4	1:44.9	303.6	Thibaud MISCORIA (H)		
143	tony walpole	M	Fitness Matters XI	6:59.6	1:44.9	303.2	37 Free Spirits II		7
144	Magnus von Schenck	M	Fitness Matters XI	6:59.9	1:45.0	302.6	Felton Humble (H)	Ian Bee (L)	
145	Graham Martin	M	Sub 7 IX	7:00.0	1:45.0	302.3	Liefcat (H)	Barbara H (F)	
146	Ed Furness	M	Sub 7 IX	7:00.0	1:45.0	302.3	Anthony Vail (H)		
147	Bezza RLR	m	Red Line Rowers I	7:00.3	1:45.1	301.7	38 Fitness Matters X		7
148	Anthony Vail	M	Free Spirits III	7:00.4	1:45.1	301.5	Chris Brown FM1 (H)	Mark Shaw (L)	
149	Nigel Farmer	M	Forum Flyers III	7:01.2	1:45.3	299.8	Pongi (H)	Rachael Griffin FM (F)	
150	Johan Nilsson	M	Ski Erg I	7:01.3	1:45.3	299.6	pete edkins (H)		
151	Alexis Charveriat	M	FIRT III	7:01.8	1:45.5	298.5	39 Team Oarsome III		7
							Dave Chmilowskyj (H)	Steve Roedde (L)	
							Liam Price (H)	Arlene Wade (TO) (F)	
							Andy Burrows (H)		
							40 RowPro Rowers I		7
							Stewart Wyllie (H)	Bill Wakeley (L)	
							Amadee Pelgrim (H)	Annette Wammen (F)	
							Doug Rolland (H)		

348 Steve Motzny	M	Age Without Limits II	7:58.7	1:59.7	204.2	AndersP_Swe (H)		
349 Dan Farmer	m	Forum Flyers IV	7:58.8	1:59.7	204.1	Karen_NZ (L)		
350 Gur Rotkop	M	Sub 7 XVII	7:58.9	1:59.7	203.9	95 DLC Gidea Park III		7
351 Jan Haveman	m	Free Spirits IV	7:59.7	1:59.9	202.9	Claire Milne (F)		
352 Frank Ross	M	RowPro Rowers II	8:00.0	2:00.0	202.5	96 Fitness Matters XIV		7
353 Mark Powell	M	Sub 7 XVIII	8:00.0	2:00.0	202.5	Andy Barwell FM (H)		
354 Peter Tullett	m	Free Spirits V	8:00.8	2:00.2	201.5	Jason Robert Harris (H)		
355 Barbara H	F	Free Spirits II	8:01.1	2:00.3	201.2	Vadim Kutsyy (H)		
356 e-Clair	M	Free Spirits VI	8:01.3	2:00.3	200.9	97 Fitness Matters XV		7
357 cap Marara Carlos	M	FIRT VIII	8:01.9	2:00.5	200.2	Amir Mishriky FM (H)		
358 Nikki West	F	Gee Crew I	8:02.1	2:00.5	199.9	98 Scottish Widrows I		7
359 Kiko	F	Sub 7 XI	8:02.6	2:00.7	199.3	S Rutherford (H)		
360 Cap Marara Tatiana	F	FIRT V	8:03.2	2:00.8	198.5	Gary Lees (L)		
361 Cap Marara Thierry	M	FIRT VIII	8:03.3	2:00.8	198.4	99 Age Without Limits II		7
362 Tony Lorrimar	m	Gee Crew I	8:03.7	2:00.9	197.9	Steve Motzny (H)		
363 Natalie Trebilcock	F	Gee Crew II	8:04.2	2:01.1	197.3	100 Forum Flyers V		8
364 Cap Marara Moana	M	FIRT VIII	8:04.3	2:01.1	197.2	Chris Whale (H)	BradT2 FF (L)	
365 Clare Rainbow	f	Sub 7 XII	8:04.9	2:01.2	196.5	Graham Woodley (H)		
366 Karen_NZ	f	ÅIRC I	8:05.1	2:01.3	196.2	andrewcrystal (H)		
367 Cat Trentham	f	Sub 7 XIII	8:06.6	2:01.7	194.4	101 RowPro Rowers II		8
368 Cathy Lowe Rimov	F	Sub 7 XIV	8:08.1	2:02.0	192.6	Frank Ross (H)		
369 Gary Wootton	M	Gee Crew III	8:08.3	2:02.1	192.4	Ruud Jackel (H)		
370 Ruud Jackel	M	RowPro Rowers II	8:09.2	2:02.3	191.3	John Neufeldt (H)		
371 Annfrid	F	Fitness Matters VII	8:09.5	2:02.4	191.0	102 Team Oarsome IV		8
372 Aviron Castelnaudary Michel	m	FIRT VIII	8:10.0	2:02.5	190.4	Martin leach (H)		
373 Jenna Paull	f	Gee Crew II	8:10.5	2:02.6	189.8	Claire Graham TO (F)		
374 John Neufeldt	M	RowPro Rowers II	8:12.2	2:03.1	187.9	Kay Hughes (F)		
375 Zoe Osborne	F	Isenhurst Rowers I	8:13.0	2:03.3	186.9	103 Red Line Rowers II		8
376 Lida Khanverdi TM	f	TRAIN Manchester II	8:13.1	2:03.3	186.8	GeorgeBinghamRLR (H)	Gaynor Johnson (F)	
377 Sue Ellery	F	Isenhurst Rowers II	8:13.2	2:03.3	186.7	Paul Sands (H)		
378 ESPRIT Sam Ward	F	ESPRIT III	8:13.4	2:03.4	186.5	Roger Bjarm Fornebo (H)		
379 FREELANCE MN FLISI ALBERTO	M	ROWING CLUB MANTOVA I	8:14.0	2:03.5	185.8	104 ESPRIT IV		8
380 ESPRIT Paula Battrick	F	ESPRIT IV	8:15.0	2:03.8	184.7	ESPRIT Guillermo Salas (H)	ESPRIT Paula Battrick (F)	
381 Charlotte Jane	F	Gee Crew III	8:16.1	2:04.0	183.5	ESPRIT Antoine Sciberras (L)		
382 FREELANCE MN SOMENZI STEFANO	m	ROWING CLUB MANTOVA II	8:16.1	2:04.0	183.5	ESPRIT Joshua Cherwinski (L)		
383 Cap Marara Bastien	M	FIRT IX	8:16.6	2:04.2	182.9	105 Isenhurst Rowers III		8
384 Lori Lindahl	F	Fitness Matters VIII	8:17.6	2:04.4	181.8	Nick Fennell (H)	Charlotte Waggott (F)	
385 Matilda Walpole FM	F	Fitness Matters IX	8:17.6	2:04.4	181.8	Michelle Spates (F)		
386 MB Holmes	F	BW Rowing III	8:18.8	2:04.7	180.5	Sian Howell (F)		
387 BradT2 FF	m	Forum Flyers V	8:19.0	2:04.8	180.3	106 Empty the Tanks I		8
388 Rachael Griffin FM	F	Fitness Matters X	8:20.0	2:05.0	179.2	Jonathan Turns ETT (H)	Caroline Joynson (F)	
389 Daisy Mountford	F	TRAIN Manchester II	8:20.2	2:05.1	179.0	Kenneth Murdoch (H)		
390 Arlene Wade (TO)	f	Team Oarsome III	8:20.8	2:05.2	178.3	Rob Drury (L)		
391 Rob Drury	m	Empty the Tanks I	8:21.8	2:05.5	177.3	107 Fybro-Supporters I		8
392 Andy Tripp	M	Tribesports I	8:23.7	2:05.9	175.3	Tania Guy (F)		
393 DUPARCKSKI.M	M	FIRT IX	8:25.0	2:06.3	173.9	108 Independent II		8
394 Don Trentham	m	Sub 7 XV	8:25.0	2:06.3	173.9	Jackie Hicks (F)		
395 andrewcrystal	M	Forum Flyers V	8:26.0	2:06.5	172.9	Liz Gent erg (F)		
396 Annette Wammen	f	RowPro Rowers I	8:26.4	2:06.6	172.5	109 Red Line Rowers III		8
397 Claire Graham TO	F	Team Oarsome IV	8:26.8	2:06.7	172.1	Richard Campos (RLR) (H)		
398 Cap Marara Amaury	m	FIRT IX	8:26.9	2:06.7	172.0	Dougie (RLR) (H)		
399 Gary Lees	m	Scottish Widrows I	8:27.0	2:06.8	171.9	110 ROWING CLUB MANTOVA II		9
400 Roger Cruttenden	M	Gee Crew III	8:27.9	2:07.0	171.0	FREELANCE MN SOMENZI STEFANO (L)		
401 Ronan LE LIGEOUR	M	FIRT IX	8:29.7	2:07.4	169.2	FREELANCE MN BARUFFALDI TIZIANA (L)		
402 Michelle Spates	F	Isenhurst Rowers III	8:29.7	2:07.4	169.2	FREELANCE MN MIGLIORINI ALESSANDRA (F)		
403 Susan Young	F	Sub 7 XV	8:30.6	2:07.7	168.3	111 BW Rowing VI		9
404 Sian Howell	F	Isenhurst Rowers III	8:31.3	2:07.8	167.6	Ninja Isaac (H)		
405 Barbara C FM	F	Fitness Matters XI	8:32.2	2:08.1	166.7	112 Forum Flyers VI		9
406 Marjorie	F	Sub 7 XVI	8:36.9	2:09.2	162.2	Chris Hester (H)		
407 Aviron Castelnaudary Jacques	M	FIRT X	8:38.2	2:09.6	161.0	Peter Sheean (L)		
408 FREELANCE MN PARIGI ELISA	f	ROWING CLUB MANTOVA I	8:38.2	2:09.6	161.0	Jack Gilmore (L)		
409 Cap Marara Paitu	M	FIRT X	8:39.5	2:09.9	159.8	113 Tribesports II		9
410 Charlotte Waggott	F	Isenhurst Rowers III	8:39.6	2:09.9	159.7	Damian Baker (H)		
411 Cap Marara Isaure	F	FIRT VI	8:39.9	2:10.0	159.4	Katie R (F)		
412 Cap Marara Achille	M	FIRT X	8:39.9	2:10.0	159.4	114 Gee Crew IV		10
413 Cap Marara Olivier	m	FIRT X	8:40.1	2:10.0	159.2	Alan Buchanan (H)		
414 Tania Guy	F	Fybro-Supporters I	8:41.1	2:10.3	158.3	Free Spirits VII		10
415 Jackie Hicks	F	Independent II	8:41.6	2:10.4	157.8	Andrew Stanway (H)		
416 Cap Marara Teresa	f	FIRT VII	8:42.0	2:10.5	157.5	Richard Morrice (L)		
417 clareburrell	f	Free Spirits III	8:43.6	2:10.9	156.0	115 Sub 7 XIX		10
418 Joe Lohman	M	Free Spirits VI	8:45.2	2:11.3	154.6	Heather Powell (L)		
419 Peter Sheean	m	Forum Flyers VI	8:45.6	2:11.4	154.3	116 FIRT XVI		14
420 Justin Barbados	m	Gee Crew III	8:47.3	2:11.8	152.8	Aviron Castelnaudary Yvonne (F)		
421 Cap Marara Pierre	M	FIRT XI	8:47.8	2:12.0	152.3			
422 RGelissen	m	Free Spirits VI	8:49.0	2:12.3	151.3			
423 Carrie Enriquez	F	Fitness Matters XII	8:51.2	2:12.8	149.4			
424 Caroline Champion	F	Sub 7 XVII	8:52.3	2:13.1	148.5			
425 Kay Hughes	F	Team Oarsome IV	8:52.3	2:13.1	148.5			
426 Georgina Price	F	Forum Flyers I	8:52.5	2:13.1	148.4			
427 Suzanne Keyte	f	Sub 7 XVI	8:53.3	2:13.3	147.7			
428 DEUR.M	F	FIRT VIII	8:56.9	2:14.2	144.7			
429 Sarah Taylor	f	Sub 7 XVII	8:58.0	2:14.5	143.8			
430 Aviron Castelnaudary Jean	M	FIRT XI	8:59.4	2:14.9	142.7			
431 Cap Marara Mareva	F	FIRT IX	9:00.5	2:15.1	141.9			
432 Jack Gilmore	m	Forum Flyers VI	9:01.3	2:15.3	141.2			
433 Lizzie M	f	Tribesports I	9:01.5	2:15.4	141.1			
434 Cap Marara Claire	F	FIRT X	9:02.2	2:15.6	140.5			
435 1Elnaz FM	f	Fitness Matters XII	9:04.6	2:16.2	138.7			
436 LaurAvifitLyon	F	FIRT XI	9:04.6	2:16.2	138.7			
437 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	9:07.8	2:17.0	136.3			
438 Liz Gent erg	F	Independent II	9:09.8	2:17.5	134.8			
439 Cap Marara Jenny	f	FIRT XI	9:10.1	2:17.5	134.6			
440 M.Lecler	f	FIRT XI	9:11.3	2:17.8	133.7			
441 Graham Cooper	M	Gee Crew III	9:11.8	2:18.0	133.3			
442 Cap Marara Franck	M	FIRT XII	9:14.9	2:18.7	131.1			
443 JJ	f	Sub 7 XVIII	9:15.8	2:19.0	130.5			
444 Fleur Blanford	f	Isenhurst Rowers II	9:16.0	2:19.0	130.3			
445 Kath Protheroe	F	Sub 7 XVIII	9:16.9	2:19.2	129.7			

446 Cap Marara Fabienne	F	FIRT XII	9:17.0	2:19.3	129.6
447 Liz Gent	F	Ski Erg I	9:17.7	2:19.4	129.1
448 Ninja Isaac	M	BW Rowing VI	9:18.2	2:19.6	128.8
449 Kim Graakjaer	F	TRAIN Manchester II	9:18.6	2:19.7	128.5
450 Sheena Haveman	f	Free Spirits IV	9:18.7	2:19.7	128.4
451 Cap Marara birgit	F	FIRT XII	9:19.5	2:19.9	127.9
452 Candida B	f	Tribesports I	9:20.5	2:20.1	127.2
453 Cynthia Runia	F	Age Without Limits I	9:25.4	2:21.4	123.9
454 Emma Pettitt	f	Free Spirits V	9:28.9	2:22.2	121.7
455 Casper von Schenck	m	Fitness Matters XIII	9:30.2	2:22.6	120.8
456 Samantha Mar	F	BW Rowing IV	9:33.3	2:23.3	118.9
457 Aviron Castelnauudary Celine	F	FIRT XII	9:34.0	2:23.5	118.4
458 Roger Burrell	m	Free Spirits VI	9:35.5	2:23.9	117.5
459 Charline AviFit Lyon	f	FIRT XII	9:35.8	2:24.0	117.3
460 Cath AviSante Lyon	f	FIRT XIII	9:46.4	2:26.6	111.1
461 Katie R	F	Tribesports II	9:47.2	2:26.8	110.6
462 Damian Baker	M	Tribesports II	9:58.0	2:29.5	104.7
463 Andrew Stanway	M	Free Spirits VII	9:59.1	2:29.8	104.2
464 ESPRIT Joshua Cherwinski	m	ESPRIT IV	10:00.0	2:30.0	103.7
465 Aviron Castelnauudary Joelle	F	FIRT XIII	10:00.2	2:30.1	103.6
466 Sue Trentham	f	Sub 7 XVIII	10:04.0	2:31.0	101.7
467 Cap Marara Vaihere	F	FIRT XIII	10:08.0	2:32.0	99.7
468 Cap Marara Christine B	F	FIRT XIII	10:08.1	2:32.0	99.6
469 FREELANCE MN BARUFFALDI TIZIANA	f	ROWING CLUB MANTOVA II	10:09.0	2:32.3	99.2
470 MichelleC FF	f	Forum Flyers II	10:11.6	2:32.9	97.9
471 Alan Buchanan	M	Gee Crew IV	10:15.8	2:34.0	95.9
472 Shelagh Allen	F	Sub 7 XVIII	10:16.4	2:34.1	95.6
473 Dougie (RLR)	M	Red Line Rowers III	10:18.6	2:34.7	94.6
474 Chris Hester	M	Forum Flyers VI	10:24.1	2:36.0	92.1
475 Gaynor Johnson	F	Red Line Rowers II	10:25.0	2:36.3	91.8
476 Aviron Castelnauudary Josyane E	f	FIRT XIII	10:33.7	2:38.4	88.0
477 Caroline Joykson	f	Empty the Tanks I	10:34.6	2:38.7	87.6
478 Richard Morrice	m	Free Spirits VII	10:36.6	2:39.2	86.8
479 Cap Marara Tux	f	FIRT XIV	10:39.3	2:39.8	85.7
480 Heather Powell	f	Sub 7 XIX	10:43.3	2:40.8	84.1
481 Cap Marara Jade	f	FIRT XIV	10:44.3	2:41.1	83.7
482 Aviron Castelnauudary Marie F	f	FIRT XIV	10:44.7	2:41.2	83.6
483 Sylvie AviSante Lyon	f	FIRT XIV	10:50.9	2:42.7	81.2
484 Pliou AviSante Lyon	f	FIRT XIV	10:53.4	2:43.4	80.3
485 Lana FF	f	Forum Flyers III	11:02.2	2:45.6	77.1
486 Cap Marara Germaine	F	FIRT XV	11:05.8	2:46.5	75.9
487 Cap Marara Nathalie	f	FIRT XV	11:15.2	2:48.8	72.8
488 Odile AviSante Lyon	f	FIRT XV	11:21.4	2:50.4	70.8
489 Kristi Rozewicz	f	Fitness Matters XIII	11:33.4	2:53.4	67.2
490 Jill Underwood	F	Free Spirits VI	11:35.9	2:54.0	66.5
491 mjpermuth	f	Age Without Limits I	11:50.9	2:57.7	62.3
492 Cap Marara Helene	f	FIRT XV	11:53.6	2:58.4	61.6
493 Aviron Castelnauudary Jeanine	F	FIRT XV	12:07.9	3:02.0	58.1
494 AGISKI.M	f	Ski Erg II	14:04.1	3:31.0	37.2
495 Aviron Castelnauudary Yvonne	F	FIRT XVI	14:12.4	3:33.1	36.2

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