



CROSS TEAM CHALLENGE Concept2 Forum Members

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Jul 2019 - Lactic Leveller

This challenge was chosen by Esprit

Row 500m, 2' 30" Rest
400m, 2' Rest
300m, 1' 30" Rest
200m, 1' Rest
100m to finish

First rep from a standing start.
Subsequent reps from a standing or rolling start (your choice).

Record your time for 1500 metres, not including the seven minutes of rest.

The August CTC will be chosen by GarageAthlete

See [C2 forum thread](#) for details.

Most Recent Entries

Date	Name	Cat	Team	Result
2019-08-01	Patricia Viguurs FM	FHWT	Fitness Matters	5:31.9
2019-08-01	Nicolas Di Giugno GA	MLWT	GARAGEATHLETE	4:35.0
2019-08-01	Aviron Castelnauudary Jean	MHWT	FIRT	6:29.3
2019-08-01	Aviron Castelnauudary Josyane Q	FLWT	FIRT	6:42.1
2019-08-01	Aviron Castelnauudary Jeanine	FHWT	FIRT	8:09.8

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	Jason Marshall	M	GARAGEATHLETE I	3:57.2	1:19.1	708.1	1
2	Pavel Shurmei	M	Sub 7 I	4:00.0	1:20.0	683.6	
3	Ivan Saric	M	BW Rowing I	4:03.6	1:21.2	653.7	
4	Justin Farina	M	GARAGEATHLETE I	4:05.1	1:21.7	641.8	90 pts
5	Marius TS ski	M	Ski Erg I	4:05.6	1:21.9	637.9	2
6	James Hall SkiErg	M	Ski Erg I	4:06.0	1:22.0	634.8	
7	Ertan	M	MAD I	4:07.4	1:22.5	624.1	
8	Isaiah Harrison	M	Sub 7 I	4:07.7	1:22.6	621.8	89 pts
9	Adam Harriman FM	M	Fitness Matters I	4:09.0	1:23.0	612.1	3
10	ESPRIT - Olii Gray	M	ESPRIT I	4:09.8	1:23.3	606.3	
11	Chris Scott	M	MAD I	4:10.4	1:23.5	601.9	
12	Benjamin Reuter	M	Team Oarsome I	4:11.4	1:23.8	594.8	88 pts
13	Steve Payne FM	M	Fitness Matters I	4:11.5	1:23.8	594.0	4
14	Simon Jones	M	MAD I	4:11.8	1:23.9	591.9	
15	James Saxton	M	Team Oarsome I	4:12.2	1:24.1	589.1	
16	Andy Benko	M	Paddy Power I	4:12.3	1:24.1	588.4	87 pts
17	Sam Blythe	M	Fitness Matters I	4:13.4	1:24.5	580.8	5
18	David Sands	M	Red Line Rowers I	4:13.5	1:24.5	580.1	
19	Justin Farina ski	M	Ski Erg I	4:14.3	1:24.8	574.6	
20	Moritz Boeddinghaus	M	BW Rowing I	4:15.1	1:25.0	569.2	86 pts
21	Mike Barnes TO	M	Team Oarsome I	4:15.7	1:25.2	565.2	6
22	ESPRIT David Rackstraw	M	ESPRIT I	4:16.0	1:25.3	563.3	
23	PR_SAV	M	Team Oarsome II	4:16.5	1:25.5	560.0	
24	Luke Moore FM	M	Fitness Matters II	4:16.9	1:25.6	557.4	85 pts
25	Ian Wilde	M	Sub 7 I	4:17.0	1:25.7	556.7	7
26	Simon Handley	M	MAD II	4:17.1	1:25.7	556.1	
27	Dirk Müller	M	Forum Flyers I	4:17.2	1:25.7	555.4	
28	ESPRIT Andy Tomlinson	M	ESPRIT I	4:17.2	1:25.7	555.4	84 pts
29	Matthewma	M	Gig Rowers IRC I	4:17.3	1:25.8	554.8	8
30	Tony Larkman	M	MAD II	4:18.4	1:26.1	547.7	
31	Tobias Stohr FM	M	Fitness Matters II	4:18.5	1:26.2	547.1	
32	Russell Carter	M	MAD II	4:18.7	1:26.2	545.8	83 pts
33	<i>William Godding S7</i>	M	Sub 7 II	4:19.2	1:26.4	542.7	9
34	Casey Clarke	M	Sub 7 II	4:19.3	1:26.4	542.0	
35	hjs	M	Forum Flyers I	4:19.4	1:26.5	541.4	
36	NuNu	M	GARAGEATHLETE I	4:19.4	1:26.5	541.4	82 pts
37	Matty West	M	Sub 7 II	4:19.6	1:26.5	540.2	10
38	macroth	M	Forum Flyers I	4:20.8	1:26.9	532.7	
39	Steven Gaunt FM	M	Fitness Matters II	4:21.1	1:27.0	530.9	
40	Keith Thompson	M	Team Oarsome II	4:21.1	1:27.0	530.9	81 pts
41	j.d	M	MAD III	4:21.2	1:27.1	530.3	11
42	Steffan Jones FM	M	Fitness Matters III	4:21.5	1:27.2	528.5	
43	Will Budd	M	Ergo Ergo Sum I	4:21.7	1:27.2	527.3	
44	Roy Jones	M	MAD III	4:21.9	1:27.3	526.0	80 pts
45	John Moonlight	M	GARAGEATHLETE II	4:22.1	1:27.4	524.8	12
46	Matt Dickie	M	Sub 7 III	4:22.3	1:27.4	523.6	
47	freddismulter	M	Ski Erg II	4:22.3	1:27.4	523.6	
48	Pete Burdis	M	Sub 7 III	4:22.8	1:27.6	520.7	79 pts
49	ESPRIT Joe Lustig	M	ESPRIT II	4:23.1	1:27.7	518.9	13
50	Jon Melson	M	DLC Gidea Park I	4:23.2	1:27.7	518.3	
51	Paul Brew	M	Plymouth RC I	4:23.4	1:27.8	517.1	
52	Ole Kristian Karlsen	M	Sub 7 III	4:23.6	1:27.9	515.9	78 pts
53	Joey Wurtz	M	BW Rowing I	4:23.6	1:27.9	515.9	14
54	Mike L GA	M	GARAGEATHLETE II	4:23.8	1:27.9	514.8	
55	Lucas Schäfer	m	BW Rowing I	4:24.5	1:28.2	510.7	
56	Tim Male	m	MAD I	4:24.7	1:28.2	509.5	76 pts
57	Matt Gill	M	Sub 7 IV	4:24.8	1:28.3	509.0	15
58	Sanjuan aip-perpignan	M	FIRT I	4:24.8	1:28.3	509.0	
59	Warren Matthews	M	Sub 7 IV	4:25.0	1:28.3	507.8	
60	Jamie Russell GA	M	GARAGEATHLETE II	4:25.1	1:28.4	507.2	75 pts
							16

457 Roger Cruttenden	M	Gee Crew IV	5:55.9	1:58.6	209.6
458 Arlene Wade (TO)	f	Team Oarsome III	5:57.3	1:59.1	207.2
459 <i>aviron castel Betty</i>	f	FIRT I	5:57.3	1:59.1	207.2
460 Graham Woodley	M	Forum Flyers V	5:57.8	1:59.3	206.3
461 clareburrell	f	Free Spirits IV	5:58.4	1:59.5	205.3
462 Sue Baldock	F	Isenhurst Rowers IV	5:58.9	1:59.6	204.4
463 Jackie Hicks	F	Independent I	6:01.0	2:00.3	200.9
464 Morris Butchart	m	Fitness Matters IX	6:01.4	2:00.5	200.2
465 Matt Moren	M	Fitness Matters XI	6:02.0	2:00.7	199.2
466 Elena Oresti	F	The Italian Team II	6:02.2	2:00.7	198.9
467 Veronique Gillet	F	The Italian Team III	6:02.6	2:00.9	198.2
468 Sheena Haveman	f	Free Spirits V	6:02.7	2:00.9	198.1
469 Sporty Milo TR	M	#TokyoRow I	6:04.1	2:01.4	195.8
470 Lisa Hancock Simmons	F	Sub 7 XV	6:05.3	2:01.8	193.9
471 Susan Young LWT	f	Sub 7 XIV	6:08.4	2:02.8	189.0
472 ScullingGirl TR	f	#TokyoRow I	6:08.4	2:02.8	189.0
473 Jack Gilmore	m	Forum Flyers IV	6:09.1	2:03.0	187.9
474 Marina Valeriani	f	The Italian Team I	6:09.1	2:03.0	187.9
475 Adrian Peters RLR	M	Red Line Rowers V	6:09.3	2:03.1	187.6
476 <i>Little Weed +1 TO</i>	M	Team Oarsome V	6:09.3	2:03.1	187.6
477 Dougie (RLR)	M	Red Line Rowers VI	6:10.0	2:03.3	186.6
478 Ian Nimmo	m	Gee Crew IV	6:10.8	2:03.6	185.4
479 Cathy Shepherd	F	Isenhurst Rowers V	6:11.5	2:03.8	184.3
480 Candida B	f	Once We Were Tribesports I	6:11.7	2:03.9	184.0
481 Carol Atwood	F	Forum Flyers II	6:12.6	2:04.2	182.7
482 Shirley	F	Forum Flyers III	6:13.8	2:04.6	180.9
483 Giorgia Grosso	f	Nordic I	6:14.9	2:05.0	179.3
484 Janet Lawton	F	Free Spirits VI	6:16.1	2:05.4	177.6
485 ObeseManRowing	M	#TokyoRow I	6:17.5	2:05.8	175.7
486 FREELANCE MN BARUFFALDI TIZIANA	f	ROWING CLUB MANTOVA I	6:18.2	2:06.1	174.7
487 Philipa_SWE	F	AIRC I	6:19.1	2:06.4	173.4
488 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	6:21.6	2:07.2	170.1
489 Jon Peck	m	Sub 7 XV	6:21.7	2:07.2	169.9
490 Sara Smith	f	Gee Crew II	6:23.0	2:07.7	168.2
491 Gay Keaveney	f	Isenhurst Rowers V	6:23.8	2:07.9	167.2
492 Tania Cranfield	F	Isenhurst Rowers VI	6:23.9	2:08.0	167.0
493 Persephone Wynn	F	#TokyoRow II	6:24.1	2:08.0	166.8
494 diana kornbrot	F	Sub 7 XVI	6:25.4	2:08.5	165.1
495 anne odette perrot	f	FIRT II	6:25.4	2:08.5	165.1
496 Lesley Duffy	F	Free Spirits VI	6:26.3	2:08.8	163.9
497 <i>Aviron Castelnaudary Joelle</i>	F	FIRT III	6:27.4	2:09.1	162.5
498 Fleur Blanford	f	Isenhurst Rowers VI	6:28.3	2:09.4	161.4
499 little weed TO	f	Team Oarsome IV	6:29.2	2:09.7	160.3
500 <i>Aviron Castelnaudary Jean</i>	M	FIRT IV	6:29.3	2:09.8	160.2
501 Rebecca Learman	F	Sub 7 XVII	6:29.6	2:09.9	159.8
502 Penny Powell S7	f	Sub 7 XVI	6:30.2	2:10.1	159.1
503 Roger Burrell	m	Free Spirits VI	6:32.2	2:10.7	156.6
504 Rachel Riley	F	Isenhurst Rowers VI	6:34.0	2:11.3	154.5
505 Diane Hunt RLR	F	Red Line Rowers IV	6:37.0	2:12.3	151.0
506 Karen Short	f	Gee Crew III	6:37.3	2:12.4	150.7
507 <i>Aviron Castelnaudary Benedicte</i>	f	FIRT IV	6:37.8	2:12.6	150.1
508 Logan McSharry	m	Sub 7 XVII	6:38.6	2:12.9	149.2
509 JimJamYam	F	Erg365 I	6:39.3	2:13.1	148.4
510 DrM	m	Sub 7 XVII	6:41.3	2:13.8	146.2
511 Kay Hughes	F	Team Oarsome VI	6:41.8	2:13.9	145.7
512 <i>Aviron Castelnaudary Josyane Q</i>	f	FIRT V	6:42.1	2:14.0	145.4
513 Chris Clarke	f	Isenhurst Rowers VI	6:46.9	2:15.6	140.3
514 <i>aviron castelnaudary nicole</i>	F	FIRT V	6:47.1	2:15.7	140.1
515 Morris Butchart Ski-Erg	m	Ski Erg IV	6:52.8	2:17.6	134.3
516 <i>aviron castelnaudary armelle</i>	F	FIRT V	6:54.4	2:18.1	132.8
517 Lesley Amos FM	F	Fitness Matters IX	6:56.0	2:18.7	131.3
518 Heather Powell	f	Sub 7 XVII	6:58.0	2:19.3	129.4
519 Maria Luisa Contenta	F	The Italian Team III	7:00.0	2:20.0	127.6
520 <i>Aviron Castelnaudary Josyane E</i>	f	FIRT V	7:10.3	2:23.4	118.6
521 Monica Bigliardi	F	The Italian Team III	7:12.0	2:24.0	117.2
522 Gaynor Johnson	F	Red Line Rowers V	7:28.0	2:29.3	105.1
523 Shelagh Allen	F	Sub 7 XVIII	7:38.3	2:32.8	98.2
524 Charlie Watkins RLR	m	Red Line Rowers V	7:45.7	2:35.2	93.6
525 FREELANCE MN AD ARCARI MARIKA	F	ROWING CLUB MANTOVA II	7:47.5	2:35.8	92.5
526 Jean Gilmore	F	Forum Flyers IV	7:58.6	2:39.5	86.2
527 <i>Aviron Castelnaudary Jeanine</i>	F	FIRT V	8:09.8	2:43.3	80.4
528 mjpermoth	f	Age Without Limits I	8:20.0	2:46.7	75.6
529 FREELANCE MN AD SICIGNANO LUISA	F	ROWING CLUB MANTOVA III	8:36.8	2:52.3	68.5
530 Chris Hester	M	Forum Flyers VI	8:41.4	2:53.8	66.7
531 Lisa Watkins RLR	f	Red Line Rowers VI	9:31.3	3:10.4	50.7
532 Patricia Stockdale	f	Forum Flyers V	12:46.2	4:15.4	21.0

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Site written by Daren Chandisingh. Please post any problems on the UK Concept 2 forum.

