

2009 2nd Annual 100,000 meter Rowing Challenge - MBS CrossFit vs. Flatirons CrossFit

name	Sprint 1	Sprint 2	Sprint 3	Sprint 4	Sprint 5	Sprint 6	Sprint 7	Sprint Average
Zach	3:30:04	3:34:00	3:34:00					3:32:41
Greg	3:18:08	3:31:00	3:34:00	3:12:00				3:23:47
Lisa E	4:05:00	4:19:00	4:27:00	4:18:00				4:17:15
Jeremy	4:07:00	4:31:00						4:19:00
Lisa	4:25:00							4:25:00
Jay	3:15:00	3:29:00	3:19:00					3:21:00
Will	3:28:00	3:33:00	3:38:00	3:34:00	3:28:00	3:28:00		3:31:30
Brian Z	3:51:00	3:56:00	4:21:00					4:02:40
Anya	4:25:00	4:23:00	4:29:00					4:25:40
Samantha	4:04:00	4:03:00	4:04:00	3:55:00				4:01:30
Pat	3:17:00	3:30:00	3:29:00	3:33:00				3:27:15
Rusty	3:44:00							3:44:00
Rich	3:38:00	3:48:00	3:36:00	3:51:00	3:51:00	3:49:00	3:50:00	3:46:09
Michael	3:06:00	3:24:00	3:09:00	3:25:00	3:18:00	3:13:00	3:19:00	3:16:17
Steve	3:33:00	3:38:00	3:25:00					3:32:00
Tiffany S	4:24:00							4:24:00
Jason	3:46:00							3:46:00
Dave H	3:45:00	3:51:00						3:48:00
Anna	4:24:00							4:24:00
Katie	4:33:00							4:33:00
Mike C	3:27:00	3:30:00						3:28:30
Bret	3:46:00							3:46:00
Katie	4:42:00							4:42:00
Bret	3:45:00							3:45:00
Heather	4:17:00	4:28:00	4:26:00					4:23:40
Jason	3:41:00							3:41:00
Ryan	3:29:00							3:29:00
Jon T	3:44:00	3:45:00						3:44:30
Paige	3:36:00	3:40:00	3:48:00					3:41:20
Joe	3:19:00	3:25:00	3:40:00					3:28:00
Tiffany H	3:54:00	4:16:00	4:07:00					4:05:40
Siva	4:18:00	4:34:00						4:26:00
Jess	4:19:00	4:23:00						4:21:00
Jeff	4:05:00	4:12:00						4:08:30
Trudee	4:59:00							4:59:00
Lucas	3:53:00	3:55:00						3:54:00
Jeff	4:19:00							4:19:00
Rebecca	4:46:00							4:46:00
Mindy	4:35:00							4:35:00
Trevor	4:12:00							4:12:00
Janelle	4:24:00							4:24:00
Anna	4:07:00							4:07:00
Brooke	4:46:00	4:46:00						4:46:00
MBS	3:29:00							3:29:00
	174:30:12	98:24:00	61:06:00	25:48:00	10:37:00	10:30:00	7:09:00	388:04:12

Final 100,000 meter time	6:28:04
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Fastest Mens time: Micheal (3:06)

Fastest Womens time: Tiffany (3:54)

Most meters rowed Men: Rich & Micheal (7,000)

Most meters rowed Women: Samantha & Lisa (4,000)

**Congrats MBS! We accomplished our goal of finishing
10 minutes faster than last year (2008 - 6 hours, 42 minutes)**