

# Rock'n'Run Bern 2019

résultats

## Runner Cross Team (vor WOD)

| Team-Rang                          | nom              | an   | lieu              | temps   | dossar |
|------------------------------------|------------------|------|-------------------|---------|--------|
| 1. City Circle Elite (15)          |                  |      |                   |         |        |
| 1.                                 | Senti Michi      | 1989 | Biberist          | 1:06:45 | 212    |
| 1.                                 | Bisig Michela    | 1990 | Biberist          | 1:05:26 | 209    |
| 4.                                 | Leisi Julia      | 1989 | Lüsslingen        | 1:13:28 | 211    |
| 9.                                 | Crivelli Andrea  | 1975 | Grenchen          | 1:21:30 | 210    |
| 1. Kenias allerletzte Reserve (15) |                  |      |                   |         |        |
| 3.                                 | Müller Sabrina   | 1991 | Sursee            | 1:12:59 | 232    |
| 3.                                 | Dorizzi Dario    | 1991 | Ohmstal           | 1:08:11 | 229    |
| 4.                                 | Käch Mattheo     | 1993 | Dagmersellen      | 1:10:14 | 230    |
| 5.                                 | Käch Noah        | 1997 | Dagmersellen      | 1:10:14 | 231    |
| 3. ZULU runners (22)               |                  |      |                   |         |        |
| 2.                                 | Wipfli Manuel    | 1991 | Luzern            | 1:07:48 | 341    |
| 2.                                 | Spanier Vanessa  | 1998 | Geuensee          | 1:09:42 | 340    |
| 6.                                 | Egli Thomas      | 1991 | Schötz            | 1:12:57 | 338    |
| 12.                                | Rea Leandro      | 1998 | Sursee            | 1:17:34 | 339    |
| 4. Lionsoul OCR III (32)           |                  |      |                   |         |        |
| 5.                                 | Göldi Dana       | 1997 | Gachnang          | 1:14:57 | 241    |
| 8.                                 | Strässle Marc    | 1989 | Felben-Wellhausen | 1:14:56 | 244    |
| 9.                                 | Rüeger Etienne   | 1990 | Felben-Wellhausen | 1:14:58 | 242    |
| 10.                                | Specker Joel     | 1989 | Felben-Wellhausen | 1:14:58 | 243    |
| 5. Xpulse (52)                     |                  |      |                   |         |        |
| 7.                                 | Berra Michael    | 1993 | Champéry          | 1:13:32 | 327    |
| 8.                                 | Cid Fabienne     | 1990 | Champéry          | 1:21:22 | 328    |
| 13.                                | Sagi Gael        | 1991 | Champéry          | 1:18:29 | 329    |
| 24.                                | Berra Marion     | 1990 | Champéry          | 1:39:10 | 326    |
| 6. CrossFit Triplex 1.0 (57)       |                  |      |                   |         |        |
| 10.                                | Andres Rafaela   | 1990 | Spiez             | 1:21:43 | 301    |
| 15.                                | Weibel Adrian    | 1988 | Thun              | 1:21:43 | 303    |
| 16.                                | Porfido Gianluca | 1992 | Thun              | 1:21:43 | 355    |
| 16.                                | Catalano Sacha   | 1986 | Uetendorf         | 1:21:43 | 302    |
| 7. Rope-Runner (64)                |                  |      |                   |         |        |
| 11.                                | Gertsch Linda    | 1994 | Bern              | 1:24:36 | 257    |
| 12.                                | Gatschet Bianca  | 1997 | Ins               | 1:24:36 | 256    |
| 20.                                | Würsten Michael  | 1980 | Gerzensee         | 1:24:36 | 258    |
| 21.                                | Diethelm Remo    | 1980 | Zollikofen        | 1:24:38 | 255    |
| 8. XPulse gladiator (70)           |                  |      |                   |         |        |
| 7.                                 | Friedel Cécile   | 1982 | Champéry          | 1:19:21 | 331    |
| 18.                                | Bögli Jérôme     | 1986 | Champéry          | 1:23:30 | 330    |
| 19.                                | Zofra Julien     | 1988 | Champéry          | 1:23:34 | 333    |
| 26.                                | Gex Leticia      | 1995 | Champéry          | 1:39:14 | 332    |

# Rock'n'Run Bern 2019

résultats

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|------------------------------------|-------------------|------|--------------------|---------|--------|
| 9. Bad Decisions Barbell Club (75) |                   |      |                    |         |        |
| 6.                                 | Studer Kerstin    | 1991 | Kriens             | 1:17:00 | 203    |
| 22.                                | Wyrsch Patrik     | 1990 | Kriens             | 1:27:35 | 202    |
| 23.                                | Marti Lukas       | 1990 | Kriens             | 1:27:35 | 201    |
| 24.                                | Unternährer Lukas | 1994 | Kriens             | 1:27:36 | 204    |
| 10. Summers High (91)              |                   |      |                    |         |        |
| 13.                                | Liniger Vera      | 1992 | Bern               | 1:27:37 | 315    |
| 25.                                | Liniger Mario     | 1993 | Bern               | 1:27:37 | 314    |
| 26.                                | Friedli Samuel    | 1983 | Kirchberg          | 1:27:38 | 312    |
| 27.                                | Hofer Manuel      | 1982 | Bern               | 1:27:52 | 313    |
| 11. squirrel (92)                  |                   |      |                    |         |        |
| 15.                                | Staehli Delphine  | 1981 | Romont FR          | 1:30:35 | 311    |
| 16.                                | Monney Corinne    | 1973 | Romont FR          | 1:30:35 | 309    |
| 30.                                | Schudy Paul       | 1996 | Jougne             | 1:30:34 | 310    |
| 31.                                | Maimone Matt      | 1996 | Romont FR          | 1:30:34 | 308    |
| 12. CrossFit Thun 01 (120)         |                   |      |                    |         |        |
| 18.                                | Lüthi Tanja       | 1989 | Thun               | 1:33:13 | 219    |
| 33.                                | Pauli Fabian      | 1988 | Thun               | 1:33:13 | 220    |
| 34.                                | Bayer Georg       | 1988 | Brienz BE          | 1:33:13 | 217    |
| 35.                                | Lüthi Raphael     | 1986 | Thun               | 1:33:13 | 218    |
| 13. Team noirblanc (121)           |                   |      |                    |         |        |
| 17.                                | Ghirlanda Alyssa  | 1993 | Fribourg           | 1:32:48 | 317    |
| 25.                                | Pasquier Catia    | 1983 | Corpataux-Magneden | 1:39:14 | 318    |
| 32.                                | Pasquier Nicolas  | 1980 | Corpataux-Magneden | 1:32:48 | 319    |
| 47.                                | Cordeiro José     | 1982 | Bulle              | 1:39:17 | 316    |
| 14. Rocket crew (122)              |                   |      |                    |         |        |
| 20.                                | Nicolet Lise      | 1993 | Fribourg           | 1:35:40 | 253    |
| 21.                                | Clerc Monica      | 1981 | Bösingen           | 1:35:44 | 251    |
| 40.                                | Meister Gaël      | 1993 | Chavannes-Forts    | 1:35:29 | 252    |
| 41.                                | Semedo Wilson     | 1993 | Estavayer-le-Lac   | 1:35:43 | 254    |
| 15. Pouloulou (128)                |                   |      |                    |         |        |
| 14.                                | Berset Sébastien  | 1989 | St-Sulpice VD      | 1:19:20 | 304    |
| 31.                                | Vigna Anaïck      | 1991 | Pully              | 1:42:40 | 307    |
| 35.                                | Luca Jasmine      | 1988 | Lausanne           | 1:46:09 | 305    |
| 48.                                | Mendes Daniel     | 1989 | Crissier           | 1:39:27 | 306    |
| 16. XPulse warrior (131)           |                   |      |                    |         |        |
| 11.                                | Texeira Stéfane   | 1990 | Champéry           | 1:16:42 | 337    |
| 33.                                | Moulin Manuela    | 1976 | Champéry           | 1:43:42 | 334    |
| 34.                                | Schlaeppli Marion | 1989 | Champéry           | 1:43:56 | 336    |
| 53.                                | Schlaeppli Daniel | 1976 | Champéry           | 1:43:23 | 335    |

# Rock'n'Run Bern 2019

résultats

## Runner Cross Team (vor WOD)

| Team-Rang                             | nom               | an   | lieu               | temps   | dossar |
|---------------------------------------|-------------------|------|--------------------|---------|--------|
| 17. Fortemente (132)                  |                   |      |                    |         |        |
| 27.                                   | Spreng Seraina    | 1993 | Bern               | 1:39:42 | 227    |
| 29.                                   | Hrancíková Petra  | 1992 | Bern               | 1:41:24 | 225    |
| 30.                                   | Wälchli Susanne   | 1974 | Bern               | 1:41:32 | 228    |
| 46.                                   | Kappel Sven       | 1984 | Bern               | 1:38:56 | 226    |
| 18. Lionsoul OCR II (133)             |                   |      |                    |         |        |
| 19.                                   | Knezic Martina    | 1998 | Winterthur         | 1:34:06 | 238    |
| 37.                                   | Wahli Marc        | 1974 | Frauenfeld         | 1:34:06 | 239    |
| 38.                                   | Jashari Flamur    | 1987 | Frauenfeld         | 1:34:07 | 237    |
| 39.                                   | Zeller Philipp    | 1970 | Gachnang           | 1:34:07 | 240    |
| 19. Les Ravis Au Lit (145)            |                   |      |                    |         |        |
| 23.                                   | Myter Lara        | 2000 | Vétroz             | 1:38:53 | 235    |
| 28.                                   | Roh Amandine      | 1999 | Erde               | 1:39:52 | 236    |
| 45.                                   | Ghaderi Payms     | 1987 | Sion               | 1:38:40 | 233    |
| 49.                                   | Joray Frédéric    | 1975 | Grimisuat          | 1:39:52 | 234    |
| 20. Cindy takes our breath away (151) |                   |      |                    |         |        |
| 22.                                   | Kaufmann Cindy    | 1990 | Kappelen           | 1:36:19 | 206    |
| 42.                                   | Gay Max           | 1984 | Zürich             | 1:36:18 | 205    |
| 43.                                   | Ponce Carlos      | 1981 | Bern               | 1:36:19 | 207    |
| 44.                                   | Silva Fred        | 1987 | Bolligen           | 1:36:19 | 208    |
| 21. City Circle Solothurn (171)       |                   |      |                    |         |        |
| 37.                                   | Laubscher Sue     | 1986 | Solothurn          | 1:47:34 | 213    |
| 38.                                   | Schenk Nathalie   | 1993 | Wangen an der Aare | 1:47:34 | 215    |
| 39.                                   | Ritter Jeday      | 1986 | Solothurn          | 1:47:34 | 214    |
| 57.                                   | Schmutz Jona      | 1991 | Wangen an der Aare | 1:47:34 | 216    |
| 22. The Rockys (185)                  |                   |      |                    |         |        |
| 32.                                   | Ogi Sabrina       | 1989 | Thun               | 1:42:43 | 424    |
| 50.                                   | Schultheiss Ivo   | 1992 | Wattenwil          | 1:42:43 | 324    |
| 51.                                   | Holliger Michael  | 1986 | Gunten             | 1:42:43 | 323    |
| 52.                                   | Sobral Alejandro  | 1984 | Steffisburg        | 1:42:43 | 325    |
| 23. The barbell squad (198)           |                   |      |                    |         |        |
| 40.                                   | Theytaz Emilie    | 1988 | Sion               | 1:50:06 | 321    |
| 41.                                   | Imstepf Maroussia | 1987 | Ayent              | 1:50:06 | 259    |
| 58.                                   | Muller Vincent    | 1976 | St-Séverin         | 1:50:06 | 320    |
| 59.                                   | Werlen Tanya      | 1986 | Sierre             | 1:50:06 | 322    |
| 24. Murph n' Turf (201)               |                   |      |                    |         |        |
| 36.                                   | Ogi Olivia        | 1996 | Thun               | 1:46:12 | 246    |
| 54.                                   | Wittwer Tim       | 1995 | Krattigen          | 1:46:11 | 248    |
| 55.                                   | Johner Dominik    | 1985 | Steffisburg        | 1:46:11 | 245    |
| 56.                                   | Willen Pascal     | 1993 | Adelboden          | 1:46:12 | 247    |

# Rock'n'Run Bern 2019

résultats

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| Team-Rang                        | nom            | an   | lieu            | temps   | dossar |
|----------------------------------|----------------|------|-----------------|---------|--------|
| n.k. Cindy takes our breath away |                |      |                 |         |        |
|                                  | Forster Sara   | 1991 | Ottoberg        |         | 260    |
| n.k. CrossFit Triplex            |                |      |                 |         |        |
| 14.                              | Colijn Valerie | 1997 | Aeschi b. Spiez | 1:29:00 | 221    |
| 28.                              | Ernst Marvin   | 1994 | Wimmis          | 1:29:00 | 222    |
| 29.                              | Hadorn Andre   | 1992 | Uetendorf       | 1:29:00 | 223    |
|                                  | Wenger Joel    | 1994 | Thun            |         | 224    |
| n.k. New Legacy Aarau            |                |      |                 |         |        |
| 36.                              | Dupertuis Yves | 1997 | Kölliken        | 1:33:56 | 249    |
|                                  | Gamper Davide  | 2001 | Kölliken        |         | 250    |

#103 participants