

# Steinhölzlilauf 2019

## résultats

### Overall Kurzstrecke Männer

| rang | nom et prénom            | an | lieu              | club                | temps        | écart | min/km | dossar | Startrunde | Runde1 | Runde2 | catégorie |
|------|--------------------------|----|-------------------|---------------------|--------------|-------|--------|--------|------------|--------|--------|-----------|
| 1.   | Leu Christian            | 94 | Orvin             | TV Aarberg          | <b>18:37</b> |       | 3:26   | 425    | 1:14       | 5:20   | 12:02  | H1: 1.    |
| 2.   | Rhyner Daniel            | 84 | Thun              | All Blacks          | <b>19:03</b> | +25   | 3:31   | 122    | 1:16       | 5:20   | 12:25  | H1: 2.    |
| 3.   | Felder Alain             | 88 | Bern              | LCA Bern            | <b>19:08</b> | +31   | 3:32   | 1087   | 1:19       | 5:26   | 12:23  | H1: 3.    |
| 4.   | Wanner Christoph         | 81 | Liebefeld         |                     | <b>19:39</b> | +1:01 | 3:38   | 1077   | 1:17       | 5:23   | 12:58  | H1: 4.    |
| 5.   | Guillén Garcia Jean Paul | 78 | Urtenen-Schönbühl | Luxor Sport Club    | <b>19:42</b> | +1:05 | 3:38   | 1260   | 1:19       | 5:38   | 12:44  | H1: 5.    |
| 6.   | Mascarenhas Manuel       | 83 | Cascais           | AM Atibá            | <b>19:48</b> | +1:11 | 3:40   | 445    | 1:16       | 5:43   | 12:47  | H1: 6.    |
| 7.   | Rouiller Nicolas         | 87 | Thörishaus        |                     | <b>19:52</b> | +1:14 | 3:40   | 1256   | 1:18       | 5:38   | 12:55  | H1: 7.    |
| 8.   | Hopf Gabriel             | 87 | Bellmund          | Team Mizuno Schweiz | <b>19:53</b> | +1:15 | 3:40   | 6      | 1:23       | 5:49   | 12:39  | H1: 8.    |
| 9.   | G. Blanch Javier         | 78 | Rüfenacht BE      | Gerbersport         | <b>20:11</b> | +1:34 | 3:44   | 300    | 1:14       | 5:42   | 13:14  | H1: 9.    |
| 10.  | Arni Nils                | 01 | Stettlen          | Gerbersport         | <b>20:11</b> | +1:34 | 3:44   | 170    | 1:16       | 5:42   | 13:13  | H1: 10.   |
| 11.  | Münger Florian           | 05 | Wohlen b. Bern    | FC Goldstern        | <b>20:16</b> | +1:38 | 3:45   | 1090   | 1:19       | 5:38   | 13:18  | S3: 1.    |
| 12.  | Grütter Andreas          | 75 | Bern              | 3athlon Bern        | <b>20:17</b> | +1:39 | 3:45   | 1244   | 1:16       | 5:45   | 13:14  | H1: 11.   |
| 13.  | Castrischer Adrian       | 90 | Bern              | Bärner Bärgloufcup  | <b>20:22</b> | +1:45 | 3:46   | 101    | 1:20       | 5:43   | 13:18  | H1: 12.   |
| 14.  | de Roche Rafael          | 76 | Steffisburg       |                     | <b>20:41</b> | +2:04 | 3:49   | 103    | 1:25       | 5:48   | 13:26  | H1: 13.   |
| 15.  | Abplanalp Ädu            | 82 | Freimettigen      | Volley Muristalden  | <b>20:43</b> | +2:06 | 3:50   | 150    | 1:22       | 6:01   | 13:19  | H1: 14.   |
| 16.  | Spreiter Patric          | 79 | Bauma             | Giant Tösstal       | <b>20:53</b> | +2:16 | 3:52   | 132    | 1:18       | 5:52   | 13:42  | H1: 15.   |
| 17.  | Portmann Peter           | 82 | Bern              | 4feet               | <b>20:58</b> | +2:21 | 3:53   | 120    | 1:24       | 5:58   | 13:35  | H1: 16.   |
| 18.  | Genna Gian Sandro        | 81 | Muri b. Bern      | Laufteam Thun       | <b>21:05</b> | +2:28 | 3:54   | 111    | 1:26       | 6:00   | 13:39  | H1: 17.   |
| 19.  | von Vivis Raphael        | 76 | Murten            | AC Murten           | <b>21:15</b> | +2:38 | 3:56   | 1131   | 1:25       | 5:56   | 13:53  | H1: 18.   |
| 20.  | Crugnola Linus           | 01 | Worb              |                     | <b>21:18</b> | +2:40 | 3:56   | 1013   | 1:25       | 6:11   | 13:40  | H1: 19.   |
| 21.  | Abel Janosch             | 86 | Bern              | DUSK Racing Team    | <b>21:42</b> | +3:05 | 4:01   | 149    | 1:24       | 6:04   | 14:14  | H1: 20.   |
| 22.  | Wyss Stephan             | 05 | Langenthal        | LV Langenthal       | <b>21:49</b> | +3:11 | 4:02   | 1083   | 1:23       | 6:09   | 14:16  | S3: 2.    |
| 23.  | von Känel Robin          | 98 | Bern              |                     | <b>21:49</b> | +3:12 | 4:02   | 640    | 1:34       | 6:23   | 13:51  | H1: 21.   |
| 24.  | Moeckli Mischa           | 72 | Belp              |                     | <b>21:52</b> | +3:14 | 4:02   | 462    | 1:33       | 6:20   | 13:57  | H1: 22.   |
| 25.  | Stettler Marco           | 83 | Uettligen         |                     | <b>22:10</b> | +3:33 | 4:06   | 134    | 1:24       | 6:19   | 14:26  | H1: 23.   |
| 26.  | Job Martin               | 64 | Tann              | Lauferei.CH         | <b>22:17</b> | +3:40 | 4:07   | 115    | 1:36       | 6:21   | 14:19  | H2: 1.    |
| 27.  | Münger Roland            | 70 | Wohlen b. Bern    | TV Wohlen           | <b>22:23</b> | +3:46 | 4:08   | 1091   | 1:25       | 6:23   | 14:35  | H1: 24.   |
| 28.  | Ly Fabian                | 07 | Münsingen         |                     | <b>22:46</b> | +4:09 | 4:13   | 437    | 1:27       | 6:33   | 14:46  | S3: 3.    |
| 29.  | Ulrich Josef             | 65 | Luzern            |                     | <b>22:57</b> | +4:20 | 4:15   | 1251   | 1:29       | 6:26   | 15:02  | H2: 2.    |
| 30.  | Schafer Oliver           | 82 | Ittigen           |                     | <b>23:07</b> | +4:30 | 4:16   | 126    | 1:35       | 6:36   | 14:54  | H1: 25.   |

# Steinhölzlilaufl 2019

## résultats

### Overall Kurzstrecke Männer

| rang | nom et prénom         | an | lieu               | club                    | temps        | écart  | min/km | dossar | Startrunde | Runde1 | Runde2 | catégorie |
|------|-----------------------|----|--------------------|-------------------------|--------------|--------|--------|--------|------------|--------|--------|-----------|
| 31.  | Weissmüller Markus    | 60 | Neuenegg           |                         | <b>23:19</b> | +4:42  | 4:19   | 651    | 1:28       | 6:34   | 15:16  | H2: 3.    |
| 32.  | Burkhalter Matthias   | 88 | Niederwangen BE    |                         | <b>23:34</b> | +4:57  | 4:21   | 231    | 1:29       | 6:20   | 15:44  | H1: 26.   |
| 33.  | Afonso Silva          | 64 | Peseux             |                         | <b>23:54</b> | +5:17  | 4:25   | 159    | 1:41       | 6:49   | 15:23  | H2: 4.    |
| 34.  | Hinnen Mark           | 78 | Bern               |                         | <b>24:01</b> | +5:23  | 4:26   | 338    | 1:42       | 6:53   | 15:25  | H1: 27.   |
| 35.  | Kieliger Matthias     | 72 | Rheinau            |                         | <b>24:11</b> | +5:34  | 4:28   | 394    | 1:36       | 7:00   | 15:33  | H1: 28.   |
| 36.  | Ambühl Julian         | 06 | Ostermundigen      |                         | <b>24:13</b> | +5:36  | 4:29   | 166    | 1:32       | 6:43   | 15:58  | S3: 4.    |
| 37.  | Schroeder Bernd       | 66 | Zürich             | ASVZ, cityrunning.ch    | <b>24:35</b> | +5:57  | 4:33   | 127    | 1:45       | 6:59   | 15:49  | H2: 5.    |
| 38.  | Schürch Mathias       | 87 | Steffisburg        |                         | <b>24:38</b> | +6:00  | 4:33   | 582    | 1:48       | 7:14   | 15:35  | H1: 29.   |
| 39.  | Hess Mitga Lino       | 03 | Ins                |                         | <b>24:38</b> | +6:01  | 4:33   | 1128   | 1:31       | 7:02   | 16:04  | S3: 5.    |
| 40.  | Leutwyler Stefan      | 71 | Ins                |                         | <b>24:42</b> | +6:04  | 4:34   | 1130   | 1:38       | 7:04   | 15:59  | H1: 30.   |
| 41.  | Schenker Toni         | 56 | Däniken SO         |                         | <b>24:57</b> | +6:20  | 4:37   | 547    | 1:39       | 7:12   | 16:05  | H2: 6.    |
| 42.  | Urwyler Maurin        | 05 | Bern               |                         | <b>25:11</b> | +6:34  | 4:39   | 1129   | 1:34       | 6:59   | 16:37  | S3: 6.    |
| 43.  | Burgschweiger Carsten | 79 | Laupen BE          |                         | <b>25:25</b> | +6:48  | 4:42   | 1899   | 1:42       | 7:04   | 16:38  | H1: 31.   |
| 44.  | Winklehner Thomas     | 74 | Bremgarten b. Bern | Wolverine               | <b>25:51</b> | +7:14  | 4:47   | 1126   | 1:39       | 7:12   | 16:59  | H1: 32.   |
| 45.  | Schäkel Nils          | 08 | Lützelflüh         | TV Lützelflüh Athletics | <b>26:00</b> | +7:23  | 4:48   | 539    | 1:40       | 7:10   | 17:09  | S3: 7.    |
| 46.  | Oesterling Matti      | 09 | Gümligen           | Gerbersport             | <b>26:06</b> | +7:29  | 4:50   | 487    | 1:43       | 7:16   | 17:07  | S3: 8.    |
| 47.  | Hess Lias             | 01 | Ins                |                         | <b>26:08</b> | +7:30  | 4:50   | 1032   | 1:53       | 7:26   | 16:48  | H1: 33.   |
| 48.  | Schneider Rémi        | 86 | Bern               |                         | <b>26:09</b> | +7:32  | 4:50   | 570    | 1:46       | 7:32   | 16:50  | H1: 34.   |
| 49.  | Silva Manuel          | 66 | Peseux             |                         | <b>26:15</b> | +7:38  | 4:51   | 1246   | 1:46       | 7:30   | 16:58  | H2: 7.    |
| 50.  | Eichenberger Patrik   | 75 | Bern               |                         | <b>27:03</b> | +8:25  | 5:00   | 1018   | 1:50       | 7:44   | 17:28  | H1: 35.   |
| 51.  | Bernasconi Albano     | 72 | Bern               | Cyclists-Club Bern      | <b>28:06</b> | +9:29  | 5:12   | 192    | 1:47       | 7:50   | 18:28  | H1: 36.   |
| 52.  | Greb Jörg             | 62 | Aarau              |                         | <b>28:26</b> | +9:48  | 5:15   | 1231   | 1:46       | 8:15   | 18:24  | H2: 8.    |
| 53.  | Mauerhofer Beat       | 66 | Neuenegg           |                         | <b>28:30</b> | +9:53  | 5:16   | 446    | 1:46       | 8:06   | 18:37  | H2: 9.    |
| 54.  | Sutter Florian        | 82 | Konolfingen        |                         | <b>28:40</b> | +10:03 | 5:18   | 617    | 1:45       | 8:01   | 18:53  | H1: 37.   |
| 55.  | Cescutti Joel         | 05 | Zäziwil            |                         | <b>29:05</b> | +10:27 | 5:23   | 244    | 1:39       | 7:08   | 20:17  | S3: 9.    |
| 56.  | Spycher Andreas       | 74 | Wiler b. Seedorf   |                         | <b>29:12</b> | +10:34 | 5:24   | 1127   | 1:52       | 8:24   | 18:55  | H1: 38.   |
| 57.  | Giroud Philippe       | 80 | Bern               |                         | <b>29:15</b> | +10:37 | 5:25   | 312    | 2:01       | 8:24   | 18:48  | H1: 39.   |
| 58.  | Schönholzer Fabian    | 07 | Ittigen            |                         | <b>29:16</b> | +10:38 | 5:25   | 1124   | 1:46       | 8:07   | 19:21  | S3: 10.   |
| 59.  | Schöni Adrian         | 78 | Schliern b. Köniz  |                         | <b>29:25</b> | +10:48 | 5:26   | 1241   | 1:52       | 8:34   | 18:58  | H1: 40.   |
| 60.  | Isler Konrad          | 67 | Rickenbach b. Wil  |                         | <b>29:49</b> | +11:12 | 5:31   | 372    | 1:46       | 8:15   | 19:47  | H2: 10.   |

# Steinhölzlilauflauf 2019

résultats

## Overall Kurzstrecke Männer

| rang | nom et prénom          | an | lieu               | club                                 | temps        | écart  | min/km | dossar | Startrunde | Runde1 | Runde2 | catégorie |
|------|------------------------|----|--------------------|--------------------------------------|--------------|--------|--------|--------|------------|--------|--------|-----------|
| 61.  | Loretan Pascal         | 89 | Alterswil FR       |                                      | <b>29:51</b> | +11:14 | 5:31   | 431    | 2:06       | 8:22   | 19:21  | H1: 41.   |
| 62.  | Ferreira José          | 81 | Brügg              |                                      | <b>30:10</b> | +11:32 | 5:35   | 109    | 2:07       | 8:29   | 19:33  | H1: 42.   |
| 63.  | Rüegg Stefan           | 67 | Lyss               |                                      | <b>30:19</b> | +11:42 | 5:36   | 529    | 2:04       | 8:33   | 19:42  | H2: 11.   |
| 64.  | Gerwer Armin           | 47 | Münchenbuchsee     | smrun                                | <b>30:28</b> | +11:51 | 5:38   | 1024   | 2:08       | 8:34   | 19:45  | H2: 12.   |
| 65.  | Augstburger Kurt       | 71 | Beromünster        |                                      | <b>30:50</b> | +12:13 | 5:42   | 171    | 1:59       | 8:28   | 20:23  | H1: 43.   |
| 66.  | Kessler Arvo           | 95 | Schwarzenburg      | Stiftung Bernaville                  | <b>31:11</b> | +12:33 | 5:46   | 393    | 2:08       | 8:54   | 20:08  | H1: 44.   |
| 67.  | Bigler Urs             | 60 | Rüdtligen          |                                      | <b>31:33</b> | +12:56 | 5:50   | 1248   | 2:01       | 8:45   | 20:47  | H2: 13.   |
| 68.  | Egli Martin            | 78 | Schwarzenburg      | Stiftung Bernaville                  | <b>31:41</b> | +13:04 | 5:52   | 261    | 2:04       | 8:55   | 20:41  | H1: 45.   |
| 69.  | Bigler Reto            | 83 | Schwarzenburg      | Stiftung Bernaville                  | <b>31:42</b> | +13:04 | 5:52   | 202    | 2:05       | 8:55   | 20:41  | H1: 46.   |
| 70.  | Wälty Patrick          | 67 | Zürich             | freizeitsportler.ch / cityrunning.ch | <b>31:45</b> | +13:08 | 5:52   | 136    | 2:09       | 9:00   | 20:35  | H2: 14.   |
| 71.  | Dänzer Marc            | 88 | Münsingen          |                                      | <b>31:54</b> | +13:16 | 5:54   | 252    | 1:44       | 9:02   | 21:07  | H1: 47.   |
| 72.  | Scherz Stephan         | 78 | Autigny            |                                      | <b>31:57</b> | +13:19 | 5:55   | 553    | 2:11       | 8:57   | 20:48  | H1: 48.   |
| 73.  | Enzmann Volker         | 65 | Bern               |                                      | <b>31:58</b> | +13:21 | 5:55   | 263    | 1:36       | 8:59   | 21:22  | H2: 15.   |
| 74.  | Frieden Urs            | 56 | Bern               |                                      | <b>32:30</b> | +13:53 | 6:01   | 293    | 1:47       | 9:24   | 21:19  | H2: 16.   |
| 75.  | Ramseier Urs           | 68 | Riggisberg         |                                      | <b>32:46</b> | +14:09 | 6:04   | 499    | 2:08       | 9:16   | 21:22  | H2: 17.   |
| 76.  | Bigler Daniel          | 66 | Ostermundigen      |                                      | <b>33:16</b> | +14:38 | 6:09   | 201    | 2:11       | 9:30   | 21:34  | H2: 18.   |
| 77.  | Vetter Daniel          | 61 | Murzelen           | TV Wohlen                            | <b>33:41</b> | +15:03 | 6:14   | 1253   | 2:09       | 9:13   | 22:18  | H2: 19.   |
| 78.  | Fankhauser Friedrich   | 58 | Wabern             |                                      | <b>33:51</b> | +15:14 | 6:16   | 1021   | 2:07       | 9:30   | 22:13  | H2: 20.   |
| 79.  | Hirschi Beat           | 57 | Bern               | G G Bern                             | <b>33:59</b> | +15:22 | 6:17   | 343    | 2:12       | 9:34   | 22:13  | H2: 21.   |
| 80.  | Wyss Thomas            | 70 | Lotzwil            |                                      | <b>34:27</b> | +15:50 | 6:22   | 1084   | 1:49       | 9:39   | 22:59  | H1: 49.   |
| 81.  | Eichenberger Andreas   | 67 | Mühleberg          | Team Isostar                         | <b>34:33</b> | +15:56 | 6:24   | 262    | 2:07       | 9:31   | 22:55  | H2: 22.   |
| 82.  | Streit Jürg            | 51 | Busswil BE         |                                      | <b>35:05</b> | +16:28 | 6:29   | 609    | 2:07       | 9:54   | 23:04  | H2: 23.   |
| 83.  | Aebi Patrik            | 65 | Liebefeld          |                                      | <b>35:35</b> | +16:57 | 6:35   | 1001   | 2:10       | 10:21  | 23:03  | H2: 24.   |
| 84.  | Zollinger Bernhard     | 46 | Bern               |                                      | <b>35:38</b> | +17:01 | 6:35   | 680    | 2:14       | 10:10  | 23:13  | H2: 25.   |
| 85.  | Scheidegger Hans Peter | 42 | Schliern bei Köniz | smrun                                | <b>45:32</b> | +26:55 | 8:26   | 77     | 2:31       | 13:12  | 29:48  | H2: 26.   |
| 86.  | Van der Heemst Bob     | 50 | Bern               |                                      | <b>56:28</b> | +37:50 | 10:27  | 633    | 3:19       | 16:22  | 36:45  | H2: 27.   |

### DNS

|                     |    |           |     |  |  |
|---------------------|----|-----------|-----|--|--|
| Freiburghaus Thomas | 65 | Münsingen | 292 |  |  |
| Hug Niklaus         | 74 | Heimberg  | 361 |  |  |

# Steinhölzlilauf 2019

résultats

## Overall Kurzstrecke Männer

| rang | nom et prénom    | an | lieu          | club   | temps | écart | min/km | dossar | Startrunde | Runde1 | Runde2 | catégorie |
|------|------------------|----|---------------|--------|-------|-------|--------|--------|------------|--------|--------|-----------|
| DNS  |                  |    |               |        |       |       |        |        |            |        |        |           |
|      | Jordi Michael    | 82 | Niederhünigen |        |       |       |        | 383    |            |        |        |           |
|      | Müller Jonas     | 04 | Oberkirch LU  |        |       |       |        | 474    |            |        |        |           |
|      | Müller Veit      | 79 | Bern          |        |       |       |        | 117    |            |        |        |           |
|      | Rothén Michael   | 83 | Gümmenen      |        |       |       |        | 124    |            |        |        |           |
|      | Rüetschi David   | 73 | Münsingen     |        |       |       |        | 530    |            |        |        |           |
|      | Sennhauser René  | 63 | Mühleberg     |        |       |       |        | 129    |            |        |        |           |
|      | Schönholzer Hans | 44 | Liebefeld     | STBern |       |       |        | 75     |            |        |        |           |

#95 participants