

Pride Run 5K / 10K

10K Male 45-49

| rank | name | yob | nation | time | diff | min/km | racenum | overall |
|------|-----------------------|-----|--------|----------------|--------|--------|---------|---------|
| 1. | Guildford Jono | 76 | GBR | 42:21 | -- | 4:14 | 243 | 20. |
| 2. | Zwick Bulken Mads | 74 | DEN | 42:39 | +18 | 4:15 | 541 | 23. |
| 3. | Grabowski Marcin | 78 | POL | 44:34 | +2:13 | 4:27 | 238 | 43. |
| 4. | Cosio Christophe | 77 | FRA | 45:43 | +3:22 | 4:34 | 180 | 54. |
| 5. | Rhein Christian | 77 | GER | 46:15 | +3:54 | 4:37 | 418 | 59. |
| 6. | Roessle Matthias | 77 | GER | 46:27 | +4:06 | 4:38 | 427 | 62. |
| 7. | Vaudroz Cyril | 75 | SUI | 47:23 | +5:02 | 4:44 | 505 | 74. |
| 8. | Helmark Søren | 76 | DEN | 47:25 | +5:04 | 4:44 | 264 | 75. |
| 9. | Bayère Romain | 77 | SUI | 47:51 | +5:30 | 4:47 | 126 | 82. |
| 10. | Lemarie Cedric | 76 | FRA | 48:48 | +6:27 | 4:52 | 325 | 89. |
| 11. | Frimann Casper | 78 | DEN | 50:10 | +7:49 | 5:00 | 228 | 96. |
| 12. | Learmonth Christopher | 75 | GBR | 50:15 | +7:54 | 5:01 | 324 | 99. |
| 13. | Felder Andreas | 74 | SUI | 50:15 | +7:54 | 5:01 | 217 | 100. |
| 14. | Huynh Phong | 78 | SUI | 51:13 | +8:52 | 5:07 | 276 | 105. |
| 15. | Abrahamsson Stellan | 76 | SWE | 51:32 | +9:11 | 5:09 | 101 | 107. |
| 16. | Vatan Fabrice | 73 | FRA | 51:57 | +9:36 | 5:11 | 504 | 112. |
| 17. | Henriksson Markus | 77 | SWE | 52:17 | +9:56 | 5:13 | 268 | 115. |
| 18. | Wehrs Nikolai | 78 | GER | 52:20 | +9:59 | 5:13 | 519 | 117. |
| 19. | Lombard Aleks | 74 | SUI | 52:33 | +10:12 | 5:15 | 335 | 119. |
| 20. | Renouf Patrick | 77 | GBR | 53:15 | +10:54 | 5:19 | 417 | 124. |
| 21. | Lüscher Reto | 78 | SUI | 53:42 | +11:21 | 5:22 | 340 | 127. |
| 22. | Van De Sand Markus | 76 | GER | 53:50 | +11:29 | 5:22 | 500 | 128. |
| 23. | Yu David | 78 | TPE | 55:27 | +13:06 | 5:32 | 534 | 139. |
| 24. | Schneider Jan | 75 | GER | 55:40 | +13:19 | 5:33 | 454 | 140. |
| 25. | Indenkämpen Andreas | 75 | GER | 55:48 | +13:27 | 5:34 | 279 | 142. |
| 26. | Teegen Björn | 78 | GER | 57:04 | +14:43 | 5:42 | 483 | 147. |
| 27. | Matavka Miro | 78 | SVK | 57:22 | +15:01 | 5:44 | 350 | 148. |
| 28. | Eggimann Andreas | 73 | SUI | 57:51 | +15:30 | 5:47 | 206 | 150. |
| 29. | Künzi Tinu | 76 | SUI | 1:06:24 | +24:03 | 6:38 | 317 | 164. |
| 30. | Rot Gregor | 78 | SLO | 1:06:58 | +24:37 | 6:41 | 431 | 165. |

DNS

| | | | | | | | | |
|--|-----------------|----|-----|--|--|--|-----|--|
| | Kaufmann Markus | 78 | SUI | | | | 289 | |
|--|-----------------|----|-----|--|--|--|-----|--|

#31 participants