

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall | |
|------|------------------|--------------|-----------|------------------|-------------------------|--------------|--------------|--------|---------|---------|------|
| 1. | Hrebec | Laura | 77 | Illarsaz | CS 13 étoiles | 17:27 | | 3:29 | 44 | 3. | |
| 2. | Bekele-Clerc | Alemitu | 76 | Bern | | 18:19 | +52 | 3:39 | 23 | 9. | |
| 3. | Hertenstein | Simone | 77 | Liestal | Pacemaker | 19:21 | +1:54 | 3:52 | 21245 | 21. | |
| 4. | Herger | Petra | 76 | Luzern | Frau | 19:24 | +1:57 | 3:52 | 21075 | 23. | |
| 5. | Turello | Andrea | 75 | Reinach BL | LSV Basel | 20:13 | +2:46 | 4:02 | 21374 | 38. | |
| 6. | Amato | Elita | 75 | Gümligen | LG Gerbersport, smrun | 21:06 | +3:39 | 4:13 | 21014 | 56. | |
| 7. | Mattenberger | Mélina | 77 | Bussigny | | 21:21 | +3:54 | 4:16 | 21278 | 65. | |
| 8. | Bärtschi | Doris | 79 | Mühleberg | TSV Frauenkappelen | 21:24 | +3:57 | 4:16 | 21021 | 66. | |
| 9. | Riat | Christelle | 77 | Glovelier | FSG Courroux | 21:46 | +4:19 | 4:21 | 21130 | 81. | |
| 10. | Oberson | Karin | 79 | Heitenried | | 21:48 | +4:21 | 4:21 | 21005 | 84. | |
| 11. | Bärtschi | Vreni | 77 | Bleienbach | TV Herzogenbuchsee | 21:52 | +4:25 | 4:22 | 21022 | 87. | |
| 12. | Banz | Yara | 77 | Wohlen b. Bern | | 22:06 | +4:39 | 4:25 | 21208 | 96. | |
| 13. | Haslimann | Anja | 75 | Oberkirch LU | | 22:33 | +5:06 | 4:30 | 21243 | 133. | |
| 14. | Hofer | Marianne | 77 | Bleienbach | TV Herzogenbuchsee | 22:34 | +5:07 | 4:30 | 21079 | 134. | |
| 15. | Lorenz | Isaline | 77 | Bôle | | 22:35 | +5:08 | 4:31 | 21272 | 135. | |
| 16. | Meyer | Florence | 77 | Bern | | 22:36 | +5:09 | 4:31 | 21283 | 138. | |
| 17. | Pustoslemsek | Deborah | 78 | Bern | | 22:38 | +5:11 | 4:31 | 21126 | 143. | |
| 18. | Baumeler | Andrea | 78 | Brugg | | 22:38 | +5:11 | 4:31 | 21001 | 145. | |
| 19. | Bühlmann | Sabine | 79 | Muttenz | | 22:55 | +5:28 | 4:35 | 21038 | 165. | |
| 20. | Fankhauser | Ursina | 78 | Villnachern | LSG Brugg | 22:56 | +5:29 | 4:35 | 21050 | 166. | |
| 21. | Schindler | Sibylle | 78 | Lützelflüh-Goldb | | 23:11 | +5:44 | 4:38 | 21368 | 185. | |
| 22. | Stocker | Ines | 75 | Bern | TV Länggasse | 23:24 | +5:57 | 4:40 | 21166 | 199. | |
| 23. | Maarouf Teuscher | Yvonne | 78 | Bern | STB | 23:25 | +5:58 | 4:41 | 21274 | 200. | |
| 24. | Weder | Tamara | 77 | Schinznach Dorf | | 23:32 | +6:05 | 4:42 | 22470 | 213. | |
| 25. | Hirschi | Daniela | 79 | Münchenbuchsee | | 23:40 | +6:13 | 4:44 | 21249 | 225. | |
| 26. | Salathé | Martina | 78 | Illnau | | 23:44 | +6:17 | 4:44 | 22438 | 234. | |
| 27. | Schärer | Helen | 79 | Bern | | 23:44 | +6:17 | 4:44 | 69034 | 235. | |
| 28. | Frank | Karin | 79 | Zimmerwald | Längebärger Movers | 23:52 | +6:25 | 4:46 | 21229 | 245. | |
| 29. | Ursprung | Silvia | 79 | Bern | | 23:53 | +6:26 | 4:46 | 21174 | 251. | |
| 30. | Abry | Christina | 77 | Stansstad | | 24:02 | +6:35 | 4:48 | 24301 | 262. | |
| 31. | Egli | Paula | 77 | Buchberg | | 24:07 | +6:40 | 4:49 | 22374 | 269. | |
| 32. | Romanens Kolly | Christelle | 77 | Le Mouret | | 24:12 | +6:45 | 4:50 | 21302 | 279. | |
| 33. | Aebi | Andrea | 75 | Maur | | 24:15 | +6:48 | 4:51 | 21012 | 284. | |
| 34. | Oertli | Barbara | 78 | Gais | TV Gais | 24:17 | +6:50 | 4:51 | 22218 | 286. | |
| 35. | Sommer | Cornelia | 76 | Riehen | team.leistungsdiagno... | 24:20 | +6:53 | 4:52 | 21315 | 288. | |
| 36. | Zbinden | Andrea | 78 | Kernenried | | 24:30 | +7:03 | 4:54 | 21343 | 306. | |
| 37. | Aschwanden | Greth | 75 | Seelisberg | SC Seelisberg | 24:32 | +7:05 | 4:54 | 21020 | 311. | |
| 38. | Nussbaumer | Annemarie | 76 | Muri b. Bern | FDP Frauen | 24:33 | +7:06 | 4:54 | 22215 | 313. | |
| 39. | Spühler | Priska | 78 | Rafz | | 24:33 | +7:06 | 4:54 | 32318 | 314. | |
| 40. | Stauffer | Fabia | 77 | Muri b. Bern | | 24:40 | +7:13 | 4:56 | 21165 | 335. | |
| 41. | Müller | Flurina | 78 | Andwil | | 24:41 | +7:14 | 4:56 | 22208 | 343. | |
| 42. | Feuz | Petra | 78 | Wilderswil | | 24:44 | +7:17 | 4:56 | 22086 | 349. | |
| 43. | Werro | Betschart | Anname... | 75 | Schwyz | | 24:52 | +7:25 | 4:58 | 26477 | 367. |
| 44. | Stucki | Andrea | 79 | Bowil | | 24:54 | +7:27 | 4:58 | 22301 | 373. | |
| 45. | Jeremias | Ramona | 76 | Hinterkappelen | | 24:55 | +7:28 | 4:59 | 21258 | 375. | |
| 46. | Lindegger | Rosa | 76 | Huttwil | RosaLi's | 24:56 | +7:29 | 4:59 | 21101 | 378. | |
| 47. | Borel | Mélanie | 79 | Epalinges | Spiridon | 25:03 | +7:36 | 5:00 | 22058 | 394. | |
| 48. | Wuthrich | Estelle | 76 | Fontainemelon | SC La Vue des Alpes | 25:04 | +7:37 | 5:00 | 21191 | 404. | |
| 49. | Keller | Julie | 76 | Grosswangen | | 25:07 | +7:40 | 5:01 | 23213 | 409. | |
| 50. | Wickli | Anna-Barbara | 75 | Chur | | 25:07 | +7:40 | 5:01 | 21335 | 411. | |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|----------------|-----------|-----|--------------------|---------------------|--------------|-------|--------|---------|---------|
| 51. | Hanhart | Judith | 75 | Bern | | 25:23 | +7:56 | 5:04 | 22113 | 454. |
| 52. | Bucher | Karin | 79 | Gunzwil | STV Beromünster | 25:28 | +8:01 | 5:05 | 21036 | 469. |
| 53. | Frei | Sonja | 79 | Erstfeld | | 25:31 | +8:04 | 5:06 | 22091 | 479. |
| 54. | Howarth | Lucy | 78 | Binningen | | 25:41 | +8:14 | 5:08 | 24161 | 507. |
| 55. | Durrer | Anita | 78 | Kerns | | 25:43 | +8:16 | 5:08 | 26321 | 516. |
| 56. | Hofmann | Corinne | 77 | Frauenfeld | | 25:45 | +8:18 | 5:09 | 22119 | 520. |
| 57. | Fisch | Kordula | 79 | Abtwil SG | | 25:48 | +8:21 | 5:09 | 22087 | 529. |
| 58. | Neuenschwander | Mascha | 76 | Basel | juma-flitzer | 25:54 | +8:27 | 5:10 | 24419 | 551. |
| 59. | Jaun | Katrin | 78 | Bern | | 26:00 | +8:33 | 5:12 | 23375 | 580. |
| 60. | Kaderli | Christa | 77 | Münsingen | | 26:01 | +8:34 | 5:12 | 22396 | 585. |
| 61. | Siegenthaler | Karin | 75 | Oberwil i. S. | | 26:05 | +8:38 | 5:13 | 21156 | 599. |
| 62. | Gerber | Isabelle | 78 | Wabern | | 26:13 | +8:46 | 5:14 | 21056 | 629. |
| 63. | Fuchs | Rachel | 76 | Schmitten FR | | 26:14 | +8:47 | 5:14 | 23348 | 631. |
| 64. | Fankhauser | Dorit | 79 | Zollikofen | | 26:19 | +8:52 | 5:15 | 26108 | 649. |
| 65. | Wirth-Thoma | Doris | 76 | Haslen GL | Damenriege Haslen | 26:19 | +8:52 | 5:15 | 23299 | 651. |
| 66. | Brandenberger | Mirjam | 78 | Herzogenbuchsee | | 26:21 | +8:54 | 5:16 | 22063 | 658. |
| 67. | Portner | Angela | 78 | Visp | | 26:23 | +8:56 | 5:16 | 23247 | 668. |
| 68. | Waldner | Karin | 75 | Seengen | | 26:23 | +8:56 | 5:16 | 22322 | 670. |
| 69. | Itten | Nadja | 79 | Steffisburg | | 26:24 | +8:57 | 5:16 | 22133 | 675. |
| 70. | Grossenbacher | Denise | 77 | Thörigen | Ingold Rönners | 26:25 | +8:58 | 5:17 | 22108 | 686. |
| 71. | Allemann-Wolf | Isabelle | 78 | Nottwil | | 26:28 | +9:01 | 5:17 | 25106 | 696. |
| 72. | Cabassu | Rie | 77 | Ostermündigen | | 26:28 | +9:01 | 5:17 | 22363 | 698. |
| 73. | Rupp | Dominique | 79 | Ebertswil | TV Schönenberg | 26:34 | +9:07 | 5:18 | 22257 | 721. |
| 74. | Bucher | Olivia | 79 | Bern | | 26:37 | +9:10 | 5:19 | 22068 | 731. |
| 75. | Ruckstuhl | Ines | 75 | Roggliswil | | 26:37 | +9:10 | 5:19 | 22435 | 733. |
| 76. | Buess | Claudia | 79 | Buckten | | 26:38 | +9:11 | 5:19 | 23157 | 735. |
| 77. | Gaida-Benz | Annette | 78 | Wabern | | 26:41 | +9:14 | 5:20 | 25198 | 747. |
| 78. | Josi | Yvonne | 76 | Hondrich | | 26:44 | +9:17 | 5:20 | 22140 | 754. |
| 79. | Hari | Brigitte | 77 | Adelboden | | 26:45 | +9:18 | 5:21 | 26134 | 758. |
| 80. | Wittwer | Jennifer | 78 | Solothurn | | 26:47 | +9:20 | 5:21 | 27247 | 765. |
| 81. | Fankhauser | Anja | 78 | Villigen | | 26:48 | +9:21 | 5:21 | 23478 | 766. |
| 82. | Tresch | Petra | 79 | Hauptwil | | 26:48 | +9:21 | 5:21 | 26249 | 769. |
| 83. | Lüthi | Sonja | 77 | Oberburg | | 26:49 | +9:22 | 5:21 | 23403 | 772. |
| 84. | Pollini | Esther | 79 | Seewen SZ | | 26:50 | +9:23 | 5:22 | 27009 | 777. |
| 85. | Maurer | Mirjam | 76 | Rüfenacht BE | | 26:53 | +9:26 | 5:22 | 22184 | 788. |
| 86. | Vaterlaus | Rahel | 79 | Liebefeld | | 26:53 | +9:26 | 5:22 | 25448 | 792. |
| 87. | Bösiger | Barbara | 76 | Busswil BE | | 26:55 | +9:28 | 5:23 | 21350 | 800. |
| 88. | Hügli | Simone | 75 | Schwadernau | | 26:57 | +9:30 | 5:23 | 23199 | 808. |
| 89. | David | Katrin | 79 | Yvonand | | 26:58 | +9:31 | 5:23 | 23163 | 818. |
| 90. | Barmettler | Sibylle | 76 | Ennetmoos | | 27:01 | +9:34 | 5:24 | 24056 | 837. |
| 91. | Bünter | Martina | 75 | Bremgarten b. Bern | | 27:02 | +9:35 | 5:24 | 22072 | 843. |
| 92. | Blum | Nathalie | 79 | Heimberg | | 27:06 | +9:39 | 5:25 | 25134 | 867. |
| 93. | Steinwede | Sarah | 77 | Biel/Bienne | SpitexAareBielersee | 27:08 | +9:41 | 5:25 | 30224 | 876. |
| 94. | Gabriel | Raphaella | 78 | Wolfenschiessen | | 27:08 | +9:41 | 5:25 | 24130 | 880. |
| 95. | Hofer | Silja | 77 | Kehrsatz | | 27:12 | +9:45 | 5:26 | 24158 | 901. |
| 96. | Rämi | Sandra | 77 | Thun | LVT | 27:13 | +9:46 | 5:26 | 23427 | 903. |
| 97. | Graf | Carla | 77 | Bern | Team Redcross | 27:13 | +9:46 | 5:26 | 24139 | 904. |
| 98. | Zurich | Simone | 78 | Steinhausen | | 27:21 | +9:54 | 5:28 | 28318 | 937. |
| 99. | Malorgio | Olena | 76 | Kehrsatz | | 27:23 | +9:56 | 5:28 | 22411 | 947. |
| 100. | Hunkeler | Eveline | 75 | Wauwil | | 27:25 | +9:58 | 5:29 | 26149 | 954. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|------------------|-----------------|-----|-------------------|-------------------------|--------------|--------|--------|---------|---------|
| 101. | Schneider | Nina | 78 | Emmenmatt | | 27:27 | +10:00 | 5:29 | 23271 | 962. |
| 102. | Amati | Serena | 75 | Langenthal | | 27:27 | +10:00 | 5:29 | 26281 | 964. |
| 103. | Rohrbach | Andrea | 79 | Thun | Fun and Run | 27:29 | +10:02 | 5:29 | 26431 | 971. |
| 104. | Stalder | Monika | 79 | Grasswil | | 27:33 | +10:06 | 5:30 | 22458 | 993. |
| 105. | Frei | Michelle | 75 | Goldau | | 27:35 | +10:08 | 5:31 | 23172 | 1001. |
| 106. | Schwaninger | Preiss Marti... | 78 | Lohn-Ammannsegg | | 27:36 | +10:09 | 5:31 | 25401 | 1003. |
| 107. | Schürch | Esther | 78 | Wabern | | 27:41 | +10:14 | 5:32 | 23446 | 1021. |
| 108. | Gerber | Nicole | 78 | Iffwil | | 27:42 | +10:15 | 5:32 | 24350 | 1035. |
| 109. | Gribi | Barbara | 75 | Basel | | 27:44 | +10:17 | 5:32 | 25211 | 1049. |
| 110. | Zumbrunnen | Daniela | 78 | Trimstein | | 27:45 | +10:18 | 5:33 | 22348 | 1051. |
| 111. | Hirt-Krebs | Pia | 76 | Reutigen | | 27:46 | +10:19 | 5:33 | 26140 | 1058. |
| 112. | Haussener | Cécile | 78 | Grünenmatt | | 27:49 | +10:22 | 5:33 | 24362 | 1083. |
| 113. | Zimmermann | Sandra | 79 | Männedorf | | 27:50 | +10:23 | 5:34 | 31438 | 1088. |
| 114. | Zraggen | Angelika | 75 | Erstfeld | | 27:51 | +10:24 | 5:34 | 22344 | 1092. |
| 115. | Birri | Sabine | 75 | Gwatt (Thun) | | 27:52 | +10:25 | 5:34 | 22055 | 1093. |
| 116. | Baumann-Arnold | Alice | 76 | Erstfeld | | 27:52 | +10:25 | 5:34 | 22049 | 1094. |
| 117. | Haupt-Schranz | Cornelia | 76 | Bern | | 27:54 | +10:27 | 5:34 | 24152 | 1108. |
| 118. | Aeschlimann-Lanz | Karin | 75 | Wasen im Emmental | SV Wasen | 27:56 | +10:29 | 5:35 | 23135 | 1121. |
| 119. | Geissbühler | Sandra | 78 | Heimberg | | 27:59 | +10:32 | 5:35 | 25202 | 1148. |
| 120. | Tüscher | Barbara | 78 | Oberhasli | | 28:01 | +10:34 | 5:36 | 29198 | 1159. |
| 121. | Dubois | Maryline | 78 | Cousset | | 28:03 | +10:36 | 5:36 | 24104 | 1172. |
| 122. | Costantea | Ioana | 77 | Bern | | 28:04 | +10:37 | 5:36 | 21353 | 1176. |
| 123. | Beutler | Vreni | 75 | Zollbrück | | 28:05 | +10:38 | 5:37 | 24314 | 1182. |
| 124. | Burren | Karin | 75 | Schwarzenburg | | 28:06 | +10:39 | 5:37 | 23327 | 1187. |
| 125. | Laimbacher | Pia | 75 | SchwyzSchwyz | | 28:06 | +10:39 | 5:37 | 24396 | 1188. |
| 126. | Klötgen | Kerstin | 78 | Liebefeld | | 28:08 | +10:41 | 5:37 | 25253 | 1196. |
| 127. | Reusser | Manuela | 79 | Höfen b. Thun | Unihockey Berner Ob... | 28:09 | +10:42 | 5:37 | 22241 | 1202. |
| 128. | Hostettler | Andrea | 76 | Höfen b. Thun | Unihockey Berner Ob... | 28:11 | +10:44 | 5:38 | 22123 | 1220. |
| 129. | Krähenbühl | Dominique | 79 | Gurzelen | | 28:12 | +10:45 | 5:38 | 25261 | 1226. |
| 130. | Halilbasic Graf | Anisa | 76 | Sutz | Jumpin'Ghost | 28:13 | +10:46 | 5:38 | 22388 | 1234. |
| 131. | Jaeggi | Andrea | 79 | Jegenstorf | | 28:14 | +10:47 | 5:38 | 31459 | 1237. |
| 132. | Zbinden Bauer | Marie | 78 | Gland | | 28:19 | +10:52 | 5:39 | 28186 | 1273. |
| 133. | Andrea Schweizer | Norma... | 78 | Watt | | 28:22 | +10:55 | 5:40 | 24304 | 1298. |
| 134. | Inhelder | Corinne | 75 | Sennwald | STV Sennwald | 28:24 | +10:57 | 5:40 | 22130 | 1321. |
| 135. | Stillhart Diallo | Nadia | 77 | Bern | | 28:25 | +10:58 | 5:41 | 24270 | 1322. |
| 136. | Schweizer | Tanja | 78 | Bützberg | Women's Hope Inter... | 28:26 | +10:59 | 5:41 | 28299 | 1334. |
| 137. | Grassi Heitz | Sabrina | 76 | Wallisellen | | 28:28 | +11:01 | 5:41 | 23180 | 1353. |
| 138. | Kummer | Fabienne | 77 | Thun | All blacks Thun | 28:29 | +11:02 | 5:41 | 24391 | 1359. |
| 139. | Fellmann | Stephanie | 76 | Meilen | | 28:30 | +11:03 | 5:42 | 27046 | 1363. |
| 140. | Van Reenen | Mireille | 79 | Ostermundigen | | 28:31 | +11:04 | 5:42 | 30235 | 1377. |
| 141. | Ettlin | Sandra | 78 | Kerns | | 28:33 | +11:06 | 5:42 | 24114 | 1399. |
| 142. | Stutz | Virginia | 76 | Walenstadt | | 28:34 | +11:07 | 5:42 | 31391 | 1405. |
| 143. | Helfenstein | Eveline | 78 | Wolfenschiessen | Fraijog Woufärschiäs... | 28:35 | +11:08 | 5:43 | 28084 | 1411. |
| 144. | Früh | Jeannette | 78 | Winterthur | | 28:35 | +11:08 | 5:43 | 25192 | 1414. |
| 145. | Hefti | Monika | 78 | Mitlödi | | 28:37 | +11:10 | 5:43 | 24364 | 1431. |
| 146. | Razakarivony | Maria | 77 | Heitenried | | 28:40 | +11:13 | 5:44 | 21297 | 1455. |
| 147. | Kühne | Manuela | 76 | Schlatt | | 28:46 | +11:19 | 5:45 | 24182 | 1492. |
| 148. | Wyss | Sonja | 77 | Rüschegg Gambach | | 28:48 | +11:21 | 5:45 | 23302 | 1504. |
| 149. | Randazzo | Lisa | 78 | Matten | | 28:48 | +11:21 | 5:45 | 26211 | 1509. |
| 150. | Haldimann | Christine | 77 | Bargen | | 28:48 | +11:21 | 5:45 | 27058 | 1512. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|--------------------|-------------------|-----|-------------------|---------------------|--------------|--------|--------|---------|---------|
| 151. | Paratsikidou | Fani | 76 | Berikon | | 28:48 | +11:21 | 5:45 | 29088 | 1516. |
| 152. | De Gottardi | Christine | 75 | Rickenbach SO | | 28:49 | +11:22 | 5:45 | 28221 | 1521. |
| 153. | Elmiger | Marlen | 78 | Liebefeld | | 28:51 | +11:24 | 5:46 | 26323 | 1532. |
| 154. | Aeschlimann Müller | Cécile | 79 | Unterentfelden | | 28:51 | +11:24 | 5:46 | 32022 | 1537. |
| 155. | Hauser | Claudia | 77 | Aegeri | Drogerie Moll | 28:52 | +11:25 | 5:46 | 28082 | 1540. |
| 156. | Varela-Rochat | Marie-Eve | 77 | Arnex s/Nyon | | 28:53 | +11:26 | 5:46 | 69179 | 1545. |
| 157. | Conzelmann | Julia | 75 | Muri b. Bern | | 28:54 | +11:27 | 5:46 | 26090 | 1549. |
| 158. | Mazzola | Zanetti Giuditta | 76 | Zürich | | 28:58 | +11:31 | 5:47 | 23230 | 1572. |
| 159. | Bienz-Schlösser | Petra | 76 | Münchenbuchsee | | 28:58 | +11:31 | 5:47 | 24072 | 1576. |
| 160. | Holenweg | Sara | 78 | Bern | | 28:58 | +11:31 | 5:47 | 24372 | 1577. |
| 161. | Wüest | Sara | 77 | Luzern | | 28:59 | +11:32 | 5:47 | 25470 | 1582. |
| 162. | Thiele | Simone | 78 | Spiez | | 29:00 | +11:33 | 5:48 | 24276 | 1585. |
| 163. | Bellwald | Simone | 77 | Hünenberg | TVHünenberg | 29:07 | +11:40 | 5:49 | 24065 | 1639. |
| 164. | Schumacher | Katrin | 78 | Baar | | 29:07 | +11:40 | 5:49 | 23275 | 1640. |
| 165. | Notter | Patricia | 76 | Bern | | 29:07 | +11:40 | 5:49 | 21293 | 1643. |
| 166. | Schlaginhaufen | Trix | 75 | Zofingen | | 29:13 | +11:46 | 5:50 | 22269 | 1686. |
| 167. | Chenais | Erika | 75 | Avry-sur-Matran | | 29:14 | +11:47 | 5:50 | 33192 | 1694. |
| 168. | Jenni | Mirja | 76 | Schnottwil | Geburtshaus Luna AG | 29:22 | +11:55 | 5:52 | 26371 | 1761. |
| 169. | Gansner | Stefanie | 78 | Sulgen | | 29:26 | +11:59 | 5:53 | 28064 | 1784. |
| 170. | Clémence | Sophie | 79 | Reconvilier | | 29:26 | +11:59 | 5:53 | 28218 | 1790. |
| 171. | Gysin | Cornelia | 77 | Bern | | 29:28 | +12:01 | 5:53 | 30339 | 1798. |
| 172. | Dietiker | Carolina | 77 | Villnachern | | 29:29 | +12:02 | 5:53 | 34294 | 1804. |
| 173. | Weber | Tamara | 76 | Kriens | | 29:30 | +12:03 | 5:54 | 24469 | 1814. |
| 174. | Tobler | Claudia | 76 | Appenzell Schlatt | | 29:31 | +12:04 | 5:54 | 24462 | 1815. |
| 175. | Leresche | Veronique | 76 | Yverdon-les-Bains | | 29:31 | +12:04 | 5:54 | 25279 | 1821. |
| 176. | Leresche | Marie-Laure | 77 | Yverdon-les-Bains | | 29:32 | +12:05 | 5:54 | 25277 | 1823. |
| 177. | Farquet | Romaine | 77 | Bern | | 29:33 | +12:06 | 5:54 | 25173 | 1829. |
| 178. | Daye | Schneider Johanna | 78 | Spiegel b. Bern | | 29:33 | +12:06 | 5:54 | 25153 | 1839. |
| 179. | Meier-Eiholzer | Priska | 75 | Fischbach LU | | 29:34 | +12:07 | 5:54 | 24198 | 1842. |
| 180. | Schlup | Anna | 78 | Bern | | 29:34 | +12:07 | 5:54 | 32308 | 1847. |
| 181. | Kraft | Eliane | 78 | Bern | | 29:35 | +12:08 | 5:55 | 29140 | 1849. |
| 182. | Balmer | Esther | 75 | Engelberg | | 29:35 | +12:08 | 5:55 | 30275 | 1857. |
| 183. | Koller | Esther | 75 | Oberkirch | | 29:35 | +12:08 | 5:55 | 30363 | 1860. |
| 184. | Koyuncu | Danielle | 76 | Fällanden | | 29:36 | +12:09 | 5:55 | 23393 | 1865. |
| 185. | Zingg | Natascha | 79 | Bern | | 29:37 | +12:10 | 5:55 | 25480 | 1877. |
| 186. | Schmassmann | Eva | 77 | Bern | | 29:38 | +12:11 | 5:55 | 27240 | 1878. |
| 187. | Stammach | Karin | 76 | Grafenried | | 29:40 | +12:13 | 5:56 | 22290 | 1898. |
| 188. | Jermine | Miriam | 77 | Winterthur | Winterthur | 29:40 | +12:13 | 5:56 | 27230 | 1901. |
| 189. | Tanner | Doris | 75 | Zürich | | 29:41 | +12:14 | 5:56 | 25438 | 1907. |
| 190. | Digirolamo | Monika | 75 | Bäretswil | | 29:44 | +12:17 | 5:56 | 28046 | 1924. |
| 191. | Koehlin | Annette | 75 | Zofingen | | 29:45 | +12:18 | 5:57 | 23214 | 1933. |
| 192. | Scheurer | Meike | 78 | Bussnang | | 29:46 | +12:19 | 5:57 | 27109 | 1937. |
| 193. | Aparicio | Olga | 77 | Aubonne | Gym Dames Aubonne | 29:46 | +12:19 | 5:57 | 33018 | 1940. |
| 194. | Sciboz | Murielle | 78 | Oberried | | 29:47 | +12:20 | 5:57 | 27200 | 1943. |
| 195. | Rysr | Annelies | 78 | Burgdorf | | 29:48 | +12:21 | 5:57 | 24437 | 1956. |
| 196. | Zryd | Andrea | 75 | Maggingen | STB | 29:51 | +12:24 | 5:58 | 26273 | 1970. |
| 197. | Xu | Santeler Hong | 79 | Moosseedorf | | 29:52 | +12:25 | 5:58 | 22338 | 1977. |
| 198. | Kathriner | Sylvia | 78 | Bern | | 29:52 | +12:25 | 5:58 | 23211 | 1981. |
| 199. | Rizzi | Andrea | 75 | Aarau | | 29:54 | +12:27 | 5:58 | 25362 | 1995. |
| 200. | Münst | Simone | 79 | Basel | | 29:56 | +12:29 | 5:59 | 26202 | 2011. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|----------------|-----------------|-----|-------------------|----------------------------|--------------|--------|--------|---------|---------|
| 201. | Schenk | Eveline | 77 | Bern | | 29:57 | +12:30 | 5:59 | 29165 | 2017. |
| 202. | von Siebenthal | Susanne | 75 | Steffisburg | | 30:02 | +12:35 | 6:00 | 26471 | 2041. |
| 203. | Baumann | Erika | 79 | Liebefeld | | 30:06 | +12:39 | 6:01 | 33019 | 2077. |
| 204. | Hauri | Tanja | 78 | Beinwil am See | | 30:06 | +12:39 | 6:01 | 25226 | 2083. |
| 205. | Kunz | Simone | 75 | Münsingen | | 30:09 | +12:42 | 6:01 | 26175 | 2098. |
| 206. | Friedli | Ursina | 77 | Bern | Cfd - stärkt Frauen, öf... | 30:10 | +12:43 | 6:02 | 23347 | 2105. |
| 207. | Ulmer | Lena | 76 | Neuhausen | | 30:10 | +12:43 | 6:02 | 29178 | 2106. |
| 208. | Zander | Natalie | 75 | Bern | | 30:10 | +12:43 | 6:02 | 25474 | 2109. |
| 209. | Georgi | Nicole | 79 | Köniz | | 30:12 | +12:45 | 6:02 | 27053 | 2124. |
| 210. | Feierabend | Sandra | 77 | Engelberg | | 30:13 | +12:46 | 6:02 | 28228 | 2134. |
| 211. | Burkhard | Staub Veronika | 78 | Wohlen b. Bern | | 30:16 | +12:49 | 6:03 | 30307 | 2158. |
| 212. | Grob | Stefanie | 75 | Zürich | | 30:17 | +12:50 | 6:03 | 28076 | 2160. |
| 213. | Krause | Stefanie | 79 | Bern | | 30:18 | +12:51 | 6:03 | 28263 | 2170. |
| 214. | Kissling | Rosmarie | 76 | Hägendorf | | 30:18 | +12:51 | 6:03 | 24384 | 2173. |
| 215. | Lehmann | Tanja | 76 | Noflen | | 30:20 | +12:53 | 6:04 | 29145 | 2183. |
| 216. | Bachmann | Anita | 78 | Worb | | 30:21 | +12:54 | 6:04 | 30270 | 2192. |
| 217. | Hopfgartner | Thalia | 75 | Winterthur | | 30:21 | +12:54 | 6:04 | 26363 | 2196. |
| 218. | Reinmann | Daniela | 76 | Lyss | | 30:24 | +12:57 | 6:04 | 28128 | 2216. |
| 219. | Wildi | Eva | 75 | Bern | | 30:25 | +12:58 | 6:05 | 26480 | 2224. |
| 220. | Fässler | Martina | 75 | Weissbad | | 30:25 | +12:58 | 6:05 | 25174 | 2229. |
| 221. | Carnell | Bettina | 78 | Ostermundigen | | 30:26 | +12:59 | 6:05 | 26310 | 2233. |
| 222. | Jenzer | Karin | 79 | Bern | | 30:27 | +13:00 | 6:05 | 26156 | 2242. |
| 223. | De Pascalis | Birchler Sabina | 75 | Bern | | 30:28 | +13:01 | 6:05 | 25155 | 2248. |
| 224. | Wiegand | Mirjam | 75 | Bern | | 30:28 | +13:01 | 6:05 | 25467 | 2254. |
| 225. | Raabe | Ines | 75 | Bulle | | 30:30 | +13:03 | 6:06 | 30415 | 2268. |
| 226. | Schmutz | Sabrina | 76 | Burgdorf | | 30:31 | +13:04 | 6:06 | 27197 | 2281. |
| 227. | Truttmann | Nadja | 78 | Seelisberg | | 30:32 | +13:05 | 6:06 | 23288 | 2291. |
| 228. | Rensch | Daniela | 76 | Castrisch | JO Castrisch | 30:33 | +13:06 | 6:06 | 28129 | 2300. |
| 229. | Karli | Evelin | 79 | Wolfenschiessen | | 30:35 | +13:08 | 6:07 | 28098 | 2323. |
| 230. | Haefliger | Monika | 77 | Biberstein | | 30:37 | +13:10 | 6:07 | 28320 | 2332. |
| 231. | Wyrsh | Marlies | 77 | Attinghausen | | 30:37 | +13:10 | 6:07 | 26483 | 2337. |
| 232. | Kuhn | Rahel | 78 | Lumino | | 30:40 | +13:13 | 6:08 | 34138 | 2365. |
| 233. | Gerber | Andrea | 79 | Ittigen | | 30:42 | +13:15 | 6:08 | 24349 | 2377. |
| 234. | Maillat | Fanny | 76 | La Neuveville | | 30:49 | +13:22 | 6:09 | 29079 | 2409. |
| 235. | Lustenberger | Petra | 78 | Adliswil | Sihltaler Sportclub SSC | 30:50 | +13:23 | 6:10 | 24187 | 2420. |
| 236. | Schilling | Kathrin | 77 | Neuhausen | | 30:51 | +13:24 | 6:10 | 29166 | 2422. |
| 237. | Imhof | Kyra | 78 | Visp | furnicon runners | 30:51 | +13:24 | 6:10 | 29136 | 2426. |
| 238. | Zürcher | Fabienne | 77 | Zollikofen | | 30:53 | +13:26 | 6:10 | 31442 | 2441. |
| 239. | Broder | Petra | 79 | Walenstadt | | 30:54 | +13:27 | 6:10 | 31094 | 2447. |
| 240. | Plüss | Priska | 75 | Bützberg | Women's Hope Inter... | 30:55 | +13:28 | 6:11 | 28286 | 2460. |
| 241. | Gämperle | Brigitte | 75 | Zollbrück | | 30:55 | +13:28 | 6:11 | 28063 | 2462. |
| 242. | Rohrbach | Brigitte | 78 | Schliern b. Köniz | STB | 30:55 | +13:28 | 6:11 | 69073 | 2468. |
| 243. | Bossart | Perrine | 77 | Schwyz | | 30:56 | +13:29 | 6:11 | 31087 | 2481. |
| 244. | Flammer | Mirjam | 75 | Zuzwil SG | LC Uzwil | 30:58 | +13:31 | 6:11 | 24120 | 2497. |
| 245. | Castro | Susanne | 77 | Bern | | 31:04 | +13:37 | 6:12 | 33038 | 2538. |
| 246. | Lehmann | Christa | 75 | Büren an der Aare | Lehmann Runners | 31:05 | +13:38 | 6:13 | 28104 | 2544. |
| 247. | Mohr | Beatrice | 77 | Lauwil | FV Lauwil | 31:07 | +13:40 | 6:13 | 26196 | 2568. |
| 248. | Amenda | Christine | 79 | Biel/Bienne | | 31:08 | +13:41 | 6:13 | 26282 | 2585. |
| 249. | Kuzet | Jovanka | 75 | Luzern | Running Chicks | 31:09 | +13:42 | 6:13 | 31246 | 2596. |
| 250. | Kurtz | Anja | 76 | Burgdorf | Aldi Kirchberg | 31:10 | +13:43 | 6:14 | 28268 | 2604. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|------------------|--------------|-----|---------------------|------------------|--------------|--------|--------|---------|---------|
| 251. | Fivaz | Nicole | 79 | Urtenen-Schönbühl | | 31:10 | +13:43 | 6:14 | 26331 | 2605. |
| 252. | Zehnder | Therese | 79 | Wyssachen | | 31:11 | +13:44 | 6:14 | 28315 | 2610. |
| 253. | Kaderli | Franziska | 75 | Sumiswald | TV Sumiswald | 31:11 | +13:44 | 6:14 | 28096 | 2614. |
| 254. | Christen Schmid | Corinne | 77 | Schmidigen-Mühleweg | | 31:14 | +13:47 | 6:14 | 25146 | 2627. |
| 255. | Simeon | Tania | 76 | Trun | | 31:16 | +13:49 | 6:15 | 25494 | 2666. |
| 256. | Arnold | Sonja | 79 | Heimberg | | 31:23 | +13:56 | 6:16 | 22039 | 2712. |
| 257. | Steiner | Irene | 79 | Jona | | 31:25 | +13:58 | 6:17 | 22292 | 2728. |
| 258. | Merz | Nicole | 78 | Suhr | | 31:25 | +13:58 | 6:17 | 25312 | 2729. |
| 259. | Hurni | Liz | 76 | Luzern | | 31:26 | +13:59 | 6:17 | 25238 | 2735. |
| 260. | Gauchat Bohren | Alexa | 76 | Steffisburg | | 31:27 | +14:00 | 6:17 | 33064 | 2750. |
| 261. | Wildhaber | Claudia | 78 | Benken SG | | 31:28 | +14:01 | 6:17 | 30247 | 2760. |
| 262. | Schmidhalter | Christine | 77 | Bern | | 31:29 | +14:02 | 6:17 | 69064 | 2768. |
| 263. | Vazquez | Belen | 75 | Zürich | | 31:30 | +14:03 | 6:18 | 28309 | 2776. |
| 264. | Anguera | Nuria | 76 | Oberengstringen | | 31:31 | +14:04 | 6:18 | 28023 | 2782. |
| 265. | Hürlimann | Gladys | 76 | Dampfreux | | 31:32 | +14:05 | 6:18 | 31215 | 2790. |
| 266. | Halder | Roswitha | 75 | Bern | | 31:37 | +14:10 | 6:19 | 28238 | 2821. |
| 267. | Limacher | Michelle | 79 | Aarau | | 31:37 | +14:10 | 6:19 | 29076 | 2824. |
| 268. | Berini | Samanta | 75 | Claro | LUMAh | 31:39 | +14:12 | 6:19 | 25120 | 2834. |
| 269. | Leuenberger | Sandra | 79 | Wanzwil | | 31:40 | +14:13 | 6:20 | 28269 | 2837. |
| 270. | Saxer | Mayda Raquel | 78 | Rabius | | 31:41 | +14:14 | 6:20 | 25381 | 2847. |
| 271. | Gobat | Fabienne | 78 | Bergdietikon | | 31:41 | +14:14 | 6:20 | 30336 | 2848. |
| 272. | Leuthold | Monika | 79 | Winterthur | Eva's Haarsalon | 31:41 | +14:14 | 6:20 | 28270 | 2850. |
| 273. | Oberer | Ursula | 76 | Wimmis | | 31:41 | +14:14 | 6:20 | 28117 | 2853. |
| 274. | Näf | Flurina | 79 | Bern | | 31:45 | +14:18 | 6:21 | 26406 | 2883. |
| 275. | Müller | Petra | 79 | Kirchleerau-Moosle | | 31:47 | +14:20 | 6:21 | 27088 | 2894. |
| 276. | Graber | Rahel | 76 | Hedingen | | 31:49 | +14:22 | 6:21 | 23177 | 2904. |
| 277. | Falco | Cédrine | 77 | Tramelan | | 31:50 | +14:23 | 6:22 | 34064 | 2909. |
| 278. | Marti | Yvonne | 78 | Schliern b. Köniz | | 31:54 | +14:27 | 6:22 | 30385 | 2941. |
| 279. | Price | Maria | 76 | Bern | | 31:55 | +14:28 | 6:23 | 23425 | 2955. |
| 280. | Gätzi | Silvia | 76 | Walenstadt | | 31:56 | +14:29 | 6:23 | 31159 | 2956. |
| 281. | Spillmann | Séverine | 76 | Wabern b. Bern | | 32:00 | +14:33 | 6:24 | 25416 | 2996. |
| 282. | Dirren | Sarah | 78 | Visp | | 32:05 | +14:38 | 6:25 | 26097 | 3024. |
| 283. | Ballet | Yvette | 78 | Ittigen | | 32:05 | +14:38 | 6:25 | 24307 | 3029. |
| 284. | Kiener | Regina | 75 | Niederurnen | | 32:05 | +14:38 | 6:25 | 31237 | 3030. |
| 285. | Tavernini | Sandra | 75 | Worb | | 32:06 | +14:39 | 6:25 | 29109 | 3032. |
| 286. | Wieland-Trachsel | Christine | 78 | Oberscherli | | 32:06 | +14:39 | 6:25 | 28314 | 3037. |
| 287. | Mauron | Denise | 77 | Courgevaux | | 32:06 | +14:39 | 6:25 | 32121 | 3038. |
| 288. | Wanner | Fabienne | 79 | Neuenegg | | 32:07 | +14:40 | 6:25 | 32178 | 3044. |
| 289. | Graf | Askia | 75 | Rebstein | Pihamola Marbach | 32:09 | +14:42 | 6:25 | 31173 | 3052. |
| 290. | Baumann | Kathrin | 77 | Hütten | | 32:10 | +14:43 | 6:26 | 25115 | 3061. |
| 291. | Grob | Patricia | 78 | Fehraltorf | smrun | 32:10 | +14:43 | 6:26 | 28075 | 3065. |
| 292. | Waldmeier | Sandra | 78 | Aarau | | 32:11 | +14:44 | 6:26 | 25459 | 3078. |
| 293. | Seliner | Beatrix | 77 | Gams | | 32:12 | +14:45 | 6:26 | 26442 | 3083. |
| 294. | Wüthrich | Irene | 77 | Steffisburg | | 32:14 | +14:47 | 6:26 | 34387 | 3093. |
| 295. | Camenzind | Andrea | 75 | Steinhausen | | 32:15 | +14:48 | 6:27 | 28041 | 3101. |
| 296. | Krähenbühl | Renate | 76 | Eggiwil | | 32:17 | +14:50 | 6:27 | 28261 | 3111. |
| 297. | Zürcher Borlat | Regula | 75 | Wabern | | 32:17 | +14:50 | 6:27 | 26275 | 3114. |
| 298. | Knechtenhofer | Judith | 76 | Zürich | | 32:17 | +14:50 | 6:27 | 26166 | 3121. |
| 299. | Fischer | Antonia | 79 | Bern | | 32:18 | +14:51 | 6:27 | 23170 | 3126. |
| 300. | Macchi | Mirjam | 77 | Bern | | 32:20 | +14:53 | 6:28 | 32275 | 3144. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|-------------|----------------|-----|-------------------|-----------------|--------------|--------|--------|---------|---------|
| 301. | Fluri | Ramona | 78 | Hünenberg | TVHünenberg | 32:20 | +14:53 | 6:28 | 24121 | 3145. |
| 302. | Rossy | Sarah | 76 | Domdidier | | 32:20 | +14:53 | 6:28 | 24230 | 3146. |
| 303. | Laterza | Prisca | 78 | Hunzenschwil | | 32:21 | +14:54 | 6:28 | 34329 | 3154. |
| 304. | Renaudin | Nadia | 79 | Bern | | 32:25 | +14:58 | 6:29 | 27193 | 3193. |
| 305. | Schaffer | Lotti | 75 | Bowil | | 32:31 | +15:04 | 6:30 | 69027 | 3218. |
| 306. | Portner | Isabelle | 78 | Burgistein | | 32:32 | +15:05 | 6:30 | 26425 | 3221. |
| 307. | Hirsig | Tina | 77 | Hasliberg Reuti | | 32:34 | +15:07 | 6:30 | 29061 | 3232. |
| 308. | Liberto | Corinne | 78 | Hallwil | | 32:36 | +15:09 | 6:31 | 23220 | 3240. |
| 309. | Canonica | Oona | 78 | Solothurn | | 32:38 | +15:11 | 6:31 | 31448 | 3247. |
| 310. | Gahler | Gertraud | 78 | | | 32:40 | +15:13 | 6:32 | 30005 | 3266. |
| 311. | Susanne | Weiss | 77 | Kernenried | | 32:40 | +15:13 | 6:32 | 29173 | 3267. |
| 312. | Nef | Rahel | 75 | Marthalen | | 32:41 | +15:14 | 6:32 | 27091 | 3272. |
| 313. | Gubser | Karin | 76 | Flawil | | 32:46 | +15:19 | 6:33 | 28077 | 3309. |
| 314. | Andres | Daniela | 77 | Bern | | 32:46 | +15:19 | 6:33 | 28196 | 3311. |
| 315. | Gehret | Louanne | 79 | Hettlingen | Herzensbilder | 32:46 | +15:19 | 6:33 | 34086 | 3313. |
| 316. | Thöny | Maya | 76 | Brunnen | | 32:46 | +15:19 | 6:33 | 31022 | 3315. |
| 317. | Trenkwald | Sonja | 79 | Savognin | | 32:47 | +15:20 | 6:33 | 33265 | 3317. |
| 318. | Celio | Corinne | 78 | Quinto | | 32:48 | +15:21 | 6:33 | 29039 | 3326. |
| 319. | Dittli | Margreth | 75 | Erstfeld | | 32:50 | +15:23 | 6:34 | 26319 | 3341. |
| 320. | Husi | Daniela | 77 | Münsingen | | 32:50 | +15:23 | 6:34 | 29066 | 3342. |
| 321. | Bucher | Jude | 75 | Niederuzwil | | 32:53 | +15:26 | 6:34 | 32215 | 3352. |
| 322. | Dieu | Anne | 75 | Bern | | 32:53 | +15:26 | 6:34 | 32223 | 3354. |
| 323. | Hollenstein | Barbara | 76 | Wängi | FTV Wängi | 32:53 | +15:26 | 6:34 | 31209 | 3358. |
| 324. | Nydegger | Ilona | 79 | Galgenen | | 32:56 | +15:29 | 6:35 | 25491 | 3375. |
| 325. | Munarini | Florence | 77 | Eschert | | 32:59 | +15:32 | 6:35 | 69035 | 3393. |
| 326. | Schweizer | Gerda | 75 | Hosenruck | | 33:00 | +15:33 | 6:36 | 24259 | 3401. |
| 327. | Meier | Hanna | 77 | Kestenholz | | 33:03 | +15:36 | 6:36 | 33234 | 3418. |
| 328. | Tschudin | Nadia | 78 | Sursee | | 33:04 | +15:37 | 6:36 | 32169 | 3421. |
| 329. | Blatter | Barbara | 79 | Ammerzwil | | 33:05 | +15:38 | 6:37 | 27149 | 3428. |
| 330. | Neuhaus | Manuela | 76 | Münsingen | | 33:05 | +15:38 | 6:37 | 26408 | 3429. |
| 331. | Schomburg | Sabine | 76 | Aarwangen | TV Aarwangen | 33:06 | +15:39 | 6:37 | 30428 | 3434. |
| 332. | Ritter | Christine | 79 | Aarwangen | TV Aarwangen | 33:06 | +15:39 | 6:37 | 30419 | 3435. |
| 333. | Stucki | Tanja | 79 | Horboden | | 33:07 | +15:40 | 6:37 | 29172 | 3437. |
| 334. | Landolt | Patricia | 77 | Glarus | LG Glarus | 33:07 | +15:40 | 6:37 | 31251 | 3438. |
| 335. | Moor | Corinne | 76 | Aarwangen | TV Aarwangen | 33:07 | +15:40 | 6:37 | 30395 | 3440. |
| 336. | Farner | Pantea | 77 | Feuerthalen | | 33:09 | +15:42 | 6:37 | 30328 | 3453. |
| 337. | Lovallo | Luzia | 76 | Feuerthalen | | 33:09 | +15:42 | 6:37 | 30379 | 3454. |
| 338. | Isler | Evard Francine | 76 | Villiers | | 33:09 | +15:42 | 6:37 | 33085 | 3455. |
| 339. | Mathenge | Eunice | 76 | Zürich | | 33:10 | +15:43 | 6:38 | 26188 | 3457. |
| 340. | Marinkovic | Gordana | 76 | Urtenen-Schönbühl | Spitex Grauholz | 33:11 | +15:44 | 6:38 | 34159 | 3470. |
| 341. | Barua | Nipu | 76 | Aeschi b. Spiez | | 33:12 | +15:45 | 6:38 | 22047 | 3476. |
| 342. | Wagner | Françoise | 79 | Bern | | 33:16 | +15:49 | 6:39 | 26473 | 3496. |
| 343. | Kanyogo | Alice | 75 | Zuerich | | 33:19 | +15:52 | 6:39 | 26376 | 3515. |
| 344. | Steffen | Franziska | 78 | Worb | | 33:20 | +15:53 | 6:40 | 27201 | 3522. |
| 345. | Ackermann | Eberhard Tanja | 75 | Bern | | 33:22 | +15:55 | 6:40 | 31047 | 3529. |
| 346. | Fischer | Heike | 79 | Suhr | | 33:22 | +15:55 | 6:40 | 30329 | 3532. |
| 347. | Hammer | Sara | 78 | Unterentfelden | | 33:24 | +15:57 | 6:40 | 27059 | 3553. |
| 348. | Herrera | Annik | 79 | Ostermundigen | | 33:26 | +15:59 | 6:41 | 32092 | 3566. |
| 349. | Kuert | Liliane | 78 | Bern | | 33:28 | +16:01 | 6:41 | 25266 | 3573. |
| 350. | Pfänder | Stefanie | 76 | Gümligen | | 33:29 | +16:02 | 6:41 | 32289 | 3577. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|------------------|------------|-----|--------------------|------------------------|--------------|--------|--------|---------|---------|
| 351. | Ponzoni | Anna | 79 | Bern | | 33:31 | +16:04 | 6:42 | 31314 | 3592. |
| 352. | Reid Nitschke | Lorna | 78 | Muri b. Bern | | 33:31 | +16:04 | 6:42 | 30417 | 3600. |
| 353. | Bäder Federspiel | Andrea | 75 | Domat/Ems | | 33:34 | +16:07 | 6:42 | 31061 | 3610. |
| 354. | Esseiva | Claudine | 78 | Bern | FDP Frauen | 33:38 | +16:11 | 6:43 | 26103 | 3632. |
| 355. | Böjte | Karin | 77 | Bern | | 33:39 | +16:12 | 6:43 | 28209 | 3640. |
| 356. | Reynolds | Christina | 75 | Ennetbaden | | 33:41 | +16:14 | 6:44 | 28290 | 3648. |
| 357. | Binggeli | Carmen | 79 | Schwarzenburg | | 33:42 | +16:15 | 6:44 | 30043 | 3655. |
| 358. | Villa-Odermatt | Regula | 75 | Wolfenschiessen | | 33:43 | +16:16 | 6:44 | 28174 | 3660. |
| 359. | Teuscher | Jessica | 76 | Lütschental | | 33:43 | +16:16 | 6:44 | 28166 | 3662. |
| 360. | Weiss | Satoko | 78 | Studen BE | | 33:43 | +16:16 | 6:44 | 32334 | 3665. |
| 361. | Bernhard | Elisabeth | 75 | Hasle-Rüegsau | | 33:44 | +16:17 | 6:44 | 32037 | 3666. |
| 362. | Zatti | Marianne | 78 | Hilterfingen | | 33:47 | +16:20 | 6:45 | 31435 | 3677. |
| 363. | von der Crone | Yasutama | 77 | Burgdorf | | 33:49 | +16:22 | 6:45 | 30455 | 3686. |
| 364. | Altamirano | Flor | 78 | Lausanne | | 33:53 | +16:26 | 6:46 | 24049 | 3717. |
| 365. | Flury | Christine | 78 | Lyss | | 33:56 | +16:29 | 6:47 | 26111 | 3724. |
| 366. | Stucki | Nicole | 76 | Spiez | | 33:57 | +16:30 | 6:47 | 34241 | 3731. |
| 367. | Erat | Michele | 76 | Würenlingen | | 33:58 | +16:31 | 6:47 | 30326 | 3741. |
| 368. | Stillhart | Elvira | 77 | Bottmingen | | 33:59 | +16:32 | 6:47 | 31387 | 3743. |
| 369. | Vaucher | Luzia | 79 | Rüschegg Gambach | | 33:59 | +16:32 | 6:47 | 34377 | 3744. |
| 370. | Egger | Amy | 76 | Zug | | 34:02 | +16:35 | 6:48 | 28223 | 3761. |
| 371. | Schmocker | Janine | 79 | Zürich | | 34:05 | +16:38 | 6:49 | 7256 | 3780. |
| 372. | Knapheide | Yvonne | 76 | Kirchlindach | | 34:06 | +16:39 | 6:49 | 29073 | 3783. |
| 373. | Piller | Carole | 75 | Givisiez | CAB Club Athlétique... | 34:07 | +16:40 | 6:49 | 33244 | 3789. |
| 374. | Remy | Franziska | 76 | Posieux | | 34:09 | +16:42 | 6:49 | 33248 | 3796. |
| 375. | Gasser | Maria | 75 | Feuerthalen | | 34:13 | +16:46 | 6:50 | 30334 | 3810. |
| 376. | Leiggenger | Claudia | 76 | Bern | | 34:13 | +16:46 | 6:50 | 30374 | 3812. |
| 377. | Holdener | Claudia | 77 | Muotathal | | 34:15 | +16:48 | 6:51 | 29195 | 3817. |
| 378. | Aeschbach | Katja | 79 | Schafisheim | | 34:19 | +16:52 | 6:51 | 33014 | 3829. |
| 379. | Mathis | Sonja | 78 | Wangs | | 34:22 | +16:55 | 6:52 | 33112 | 3839. |
| 380. | Santeler | Denise | 75 | Niederhelfenschwil | | 34:25 | +16:58 | 6:53 | 32373 | 3853. |
| 381. | Pfister | Simone | 76 | Niederhelfenschwil | | 34:26 | +16:59 | 6:53 | 32372 | 3858. |
| 382. | Studer | Miriam | 79 | Liebefeld | | 34:27 | +17:00 | 6:53 | 33287 | 3863. |
| 383. | Hübsch | Christelle | 78 | Lätti | | 34:31 | +17:04 | 6:54 | 34316 | 3877. |
| 384. | Wittwer | Daniela | 77 | Scheuren | | 34:34 | +17:07 | 6:54 | 26266 | 3889. |
| 385. | Bregy | Bettina | 79 | Raron | | 34:35 | +17:08 | 6:55 | 30294 | 3892. |
| 386. | Schaller | Karin | 75 | Düdingen | | 34:36 | +17:09 | 6:55 | 30203 | 3902. |
| 387. | Reichmuth | Debora | 76 | Steinen | | 34:40 | +17:13 | 6:56 | 32142 | 3919. |
| 388. | Neukomm | Sophie | 78 | Courtételle | | 34:40 | +17:13 | 6:56 | 34341 | 3920. |
| 389. | Affolter | Trix | 76 | Huttwil | | 34:49 | +17:22 | 6:57 | 31051 | 3954. |
| 390. | Pencik | Sibilla | 76 | Bern | | 34:52 | +17:25 | 6:58 | 31310 | 3964. |
| 391. | Tabet | Nadine | 77 | Koppigen | | 34:55 | +17:28 | 6:59 | 28165 | 3977. |
| 392. | Cordier | Delphine | 79 | Chez-le-Bart | | 34:55 | +17:28 | 6:59 | 34286 | 3979. |
| 393. | Winkler | Christine | 79 | Bülach | | 34:55 | +17:28 | 6:59 | 28183 | 3980. |
| 394. | Chapatte | Laure-Anne | 79 | Courroux | | 34:57 | +17:30 | 6:59 | 32217 | 3993. |
| 395. | Sahli | Nathalie | 79 | St. Antoni | | 34:59 | +17:32 | 6:59 | 28137 | 4001. |
| 396. | Blaser | Nicole | 77 | Niederwangen BE | | 35:04 | +17:37 | 7:00 | 26298 | 4023. |
| 397. | Meier | Claudia | 75 | Wangen SZ | | 35:11 | +17:44 | 7:02 | 34166 | 4056. |
| 398. | Chevillat | Arianne | 75 | Cottens VD | | 35:13 | +17:46 | 7:02 | 31117 | 4065. |
| 399. | Schär | Gabriela | 79 | Bolken | | 35:23 | +17:56 | 7:04 | 30204 | 4098. |
| 400. | Rohrbach | Silvia | 79 | Worblaufen | | 35:27 | +18:00 | 7:05 | 30188 | 4116. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|-----------------|--------------------|-----|-----------------------|---------------|--------------|--------|--------|---------|---------|
| 401. | Gungormez | Fatima | 79 | Bussigny-Lausanne | | 35:27 | +18:00 | 7:05 | 33077 | 4118. |
| 402. | Thomi | Anong | 75 | Gerlafingen | | 35:29 | +18:02 | 7:05 | 32165 | 4124. |
| 403. | Wittwer | Annerös | 79 | Trub | | 35:30 | +18:03 | 7:06 | 34258 | 4133. |
| 404. | Reidhaar | Regula | 75 | Bern | | 35:31 | +18:04 | 7:06 | 25354 | 4134. |
| 405. | Mercado | Isnelda | 77 | Niederscherli | | 35:32 | +18:05 | 7:06 | 25310 | 4139. |
| 406. | Grütter | Roberta | 75 | Bellikon | | 35:35 | +18:08 | 7:07 | 31180 | 4150. |
| 407. | Schütz | Jacqueline | 77 | Zofingen | | 35:36 | +18:09 | 7:07 | 31368 | 4152. |
| 408. | Amstad | Fabienne | 76 | Bern | | 35:40 | +18:13 | 7:08 | 34013 | 4171. |
| 409. | Schmid | Riekje | 75 | Lustdorf | LC Frauenfeld | 35:40 | +18:13 | 7:08 | 34218 | 4172. |
| 410. | Naoux | Astrid | 77 | Chermignon | | 35:42 | +18:15 | 7:08 | 32127 | 4178. |
| 411. | Meyer | Cornelia | 76 | Zug | | 35:43 | +18:16 | 7:08 | 25317 | 4181. |
| 412. | Schnellmann | Esther | 75 | Binz | | 35:46 | +18:19 | 7:09 | 24447 | 4188. |
| 413. | Falce | Nadia | 75 | Schlieren | | 35:48 | +18:21 | 7:09 | 33200 | 4199. |
| 414. | Stadelmann | Sibylle | 76 | Nesslau | | 35:53 | +18:26 | 7:10 | 27126 | 4220. |
| 415. | Rebsamen | Barbara | 77 | Worb | SBK | 35:54 | +18:27 | 7:10 | 30182 | 4224. |
| 416. | Gyger | Boyoung | 79 | Ittigen | | 35:57 | +18:30 | 7:11 | 32247 | 4236. |
| 417. | Ducommun | Tanja | 75 | Bonstetten | | 35:58 | +18:31 | 7:11 | 33050 | 4241. |
| 418. | Sekic | Lidija | 79 | Laupen | | 36:03 | +18:36 | 7:12 | 34226 | 4262. |
| 419. | Wüthrich | Michelle | 75 | Kehrsatz | | 36:03 | +18:36 | 7:12 | 24477 | 4263. |
| 420. | Horst | Maria | 77 | Bern | | 36:05 | +18:38 | 7:13 | 25236 | 4267. |
| 421. | Amrein | Karin | 77 | Dagmersellen | | 36:05 | +18:38 | 7:13 | 32195 | 4269. |
| 422. | Dähler-Michel | Daniela | 77 | Bätterkinden | | 36:10 | +18:43 | 7:14 | 30319 | 4283. |
| 423. | Ulmann | Monika | 77 | Aarburg | | 36:21 | +18:54 | 7:16 | 33269 | 4321. |
| 424. | Fazlic | Azra | 79 | Bichelsee | | 36:31 | +19:04 | 7:18 | 34067 | 4350. |
| 425. | Schemmel | Andrea | 75 | Bern | | 36:31 | +19:04 | 7:18 | 33256 | 4352. |
| 426. | Gauchat | Melanie | 79 | Wichtrach | | 36:39 | +19:12 | 7:19 | 33066 | 4373. |
| 427. | Von Graffenried | Nicole | 76 | Bern | | 36:40 | +19:13 | 7:20 | 32326 | 4374. |
| 428. | Ganziani | Ramona | 79 | Flühli LU | | 36:44 | +19:17 | 7:20 | 32356 | 4394. |
| 429. | Stupl | Alena | 78 | Liebefeld | | 36:48 | +19:21 | 7:21 | 33166 | 4407. |
| 430. | Beti | Nadine | 75 | Uetikon am See | | 36:48 | +19:21 | 7:21 | 29027 | 4409. |
| 431. | Jordan | Nathalie | 76 | St-Aubin-Sauges | | 36:52 | +19:25 | 7:22 | 32258 | 4420. |
| 432. | Baumann | Andrea- Christi... | 78 | Matten bei Interlaken | | 36:58 | +19:31 | 7:23 | 31065 | 4438. |
| 433. | Capaul | Nadine | 79 | Klingnau | | 37:00 | +19:33 | 7:24 | 32054 | 4444. |
| 434. | Moser | Katja | 76 | Bern | | 37:01 | +19:34 | 7:24 | 32286 | 4450. |
| 435. | Felber | Jrene | 77 | Thalwil | | 37:10 | +19:43 | 7:26 | 34297 | 4469. |
| 436. | Franck | Birte | 76 | Bonstetten | | 37:12 | +19:45 | 7:26 | 33059 | 4474. |
| 437. | Schmuckli | Paloma | 78 | Thalwil | | 37:17 | +19:50 | 7:27 | 33153 | 4490. |
| 438. | Papaux | Estelle | 75 | Lausanne | | 37:25 | +19:58 | 7:29 | 33241 | 4510. |
| 439. | Wiedmer | Rilana | 75 | Frutigen | | 37:25 | +19:58 | 7:29 | 32185 | 4513. |
| 440. | Atiba - Davies | Margaret | 76 | Neuchâtel | | 37:27 | +20:00 | 7:29 | 34394 | 4515. |
| 441. | Gamper | Karin | 76 | Leissigen | | 37:28 | +20:01 | 7:29 | 31454 | 4516. |
| 442. | Eugster | Isabelle | 78 | Domdidier | CA Belfaux | 37:33 | +20:06 | 7:30 | 33199 | 4526. |
| 443. | Gehring | Caroline | 78 | Münsingen | | 37:40 | +20:13 | 7:32 | 69040 | 4538. |
| 444. | Daucourt | Isabelle | 76 | Bure | | 37:40 | +20:13 | 7:32 | 33044 | 4542. |
| 445. | Läderach | Sabina | 78 | Bern | | 37:46 | +20:19 | 7:33 | 69096 | 4552. |
| 446. | Häfelinger | Evelyne | 76 | MuttENZ | | 37:49 | +20:22 | 7:33 | 34100 | 4556. |
| 447. | Rakozi | Gabriela | 75 | Waldstatt | | 37:54 | +20:27 | 7:34 | 32140 | 4567. |
| 448. | Lucini | Doris | 75 | Köniz | | 37:55 | +20:28 | 7:35 | 34155 | 4568. |
| 449. | Jost | Bernadette | 77 | Jegenstorf | | 38:03 | +20:36 | 7:36 | 34120 | 4578. |
| 450. | Jabat | Mounira | 77 | Zürich | | 38:10 | +20:43 | 7:38 | 34118 | 4593. |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|--------------------|------------|-----|-------------------|-------------------------|--------------|--------|--------|---------|---------|
| 451. | Schwab | Nathalie | 79 | Alterswil FR | | 38:13 | +20:46 | 7:38 | 34223 | 4599. |
| 452. | Startnummer | 30225 | - | Oberrüti | | 38:13 | +20:46 | 7:38 | 30225 | 4600. |
| 453. | Sutter | Gisela | 78 | Netstal | LG Glarus | 38:14 | +20:47 | 7:38 | 31394 | 4605. |
| 454. | Kämpf | Jacqueline | 76 | Schwadernau | | 38:21 | +20:54 | 7:40 | 34321 | 4613. |
| 455. | Teufer | Sabine | 75 | Luzern | | 38:33 | +21:06 | 7:42 | 30450 | 4637. |
| 456. | Kariuki | Kariuki | 76 | Zürich | | 38:41 | +21:14 | 7:44 | 69174 | 4648. |
| 457. | Carvalho Matos | Fernanda | 75 | Flamatt | | 38:41 | +21:14 | 7:44 | 30059 | 4649. |
| 458. | von Däniken | Petra | 79 | Oberdiessbach | Schule Herbligen/Bre... | 38:43 | +21:16 | 7:44 | 31012 | 4651. |
| 459. | Harvey | Cony | 75 | Hinterkappelen | | 38:49 | +21:22 | 7:45 | 30101 | 4657. |
| 460. | Salzgeber | Karin | 76 | Tuttwil | | 38:53 | +21:26 | 7:46 | 25379 | 4665. |
| 461. | Kindler | Beatrice | 75 | Sissach | | 39:01 | +21:34 | 7:48 | 33216 | 4672. |
| 462. | Zeller | Sandra | 78 | Thun | | 39:02 | +21:35 | 7:48 | 30472 | 4675. |
| 463. | Kobel | Brigitte | 76 | Biberist | | 39:05 | +21:38 | 7:49 | 33095 | 4692. |
| 464. | Erne | Oranong | 78 | Gunzgen | | 39:07 | +21:40 | 7:49 | 34296 | 4695. |
| 465. | Savoy | Anne | 76 | Fribourg | | 39:10 | +21:43 | 7:50 | 32147 | 4700. |
| 466. | Jaquet | Aurélie | 77 | La Chaux-de-Fonds | | 39:10 | +21:43 | 7:50 | 32256 | 4701. |
| 467. | Wavre | Ariane | 76 | Neuchâtel | | 39:11 | +21:44 | 7:50 | 32179 | 4703. |
| 468. | Aeschlimann | Ruth | 79 | Grünenmatt | | 39:16 | +21:49 | 7:51 | 25102 | 4708. |
| 469. | Gizaw-Abebe | Katarina | 79 | Bern | | 39:19 | +21:52 | 7:51 | 30095 | 4712. |
| 470. | Eigenmann | Simone | 77 | Hinterkappelen | | 40:25 | +22:58 | 8:05 | 32226 | 4790. |
| 471. | Klopfenstein | Nathalie | 76 | Montbeliard | | 40:32 | +23:05 | 8:06 | 27069 | 4797. |
| 472. | Kloosterman | Marike | 77 | Schaffhausen | | 40:46 | +23:19 | 8:09 | 34322 | 4813. |
| 473. | Aebi | Shahzad | 78 | Bern | | 41:33 | +24:06 | 8:18 | 32021 | 4840. |
| 474. | Pignone | Leonia | 77 | Belp | | 41:34 | +24:07 | 8:18 | 34186 | 4841. |
| 475. | Schenk | Anita | 76 | Aadorf | | 41:44 | +24:17 | 8:20 | 34214 | 4852. |
| 476. | Bobst | Corinne | 76 | Däniken SODäniken | | 41:53 | +24:26 | 8:22 | 33025 | 4855. |
| 477. | Weber Siegenthaler | Anna | 75 | BernBern | | 42:34 | +25:07 | 8:30 | 32182 | 4870. |
| 478. | Pfammatter | Tanja | 78 | Mollis | | 43:26 | +25:59 | 8:41 | 34185 | 4887. |
| 479. | Richenberger | Jeanne | 77 | Mollis | | 43:26 | +25:59 | 8:41 | 34199 | 4889. |
| 480. | Risse | Heike | 75 | Bichwil | | 44:44 | +27:17 | 8:56 | 34202 | 4910. |
| 481. | Rossacher | Judith | 78 | Häusermoos | | 45:36 | +28:09 | 9:07 | 32145 | 4930. |
| 482. | Chapalay | Virginie | 79 | Prangins | | 46:07 | +28:40 | 9:13 | 32055 | 4935. |
| 483. | Karanja | Mary | 75 | Bronschhofen | | 46:25 | +28:58 | 9:17 | 26160 | 4940. |
| 484. | Ronobio | Iana | 75 | Holderbank AG | | 48:14 | +30:47 | 9:38 | 31334 | 4950. |

Gestartet

| | | | | | | | | | | |
|---------|-------|----|------|--|--|--|--|--|-------|--|
| Zürcher | Julia | 75 | Bern | | | | | | 33281 | |
|---------|-------|----|------|--|--|--|--|--|-------|--|

DNS

| | | | | | | | | | | |
|-------------|-----------|----|--------------|--|-----------------------|--|--|--|-------|--|
| Gerber | Stefanie | 79 | Schliern | | | | | | 21057 | |
| Guldenfels | Maja | 77 | Bern | | | | | | 21064 | |
| Bachmann | Alexandra | 76 | Bern | | TV Länggasse | | | | 21204 | |
| Gadient | Moniek | 76 | Feldbrunnen | | | | | | 22098 | |
| Hartwig | Ina | 76 | Hondrich | | Frauenverein Hondrich | | | | 23187 | |
| Weinitschke | Sonja | 78 | Konstanz | | | | | | 24285 | |
| Zindel | Mirjam | 76 | Gwatt (Thun) | | | | | | 24296 | |
| Berger | Renate | 77 | Huttwil | | | | | | 25119 | |
| Gueorguieva | Ivelina | 79 | Genève | | | | | | 25214 | |
| Frey | Norina | 79 | Bern | | FDP Frauen | | | | 26115 | |
| Linsenmann | Christine | 78 | Basel | | | | | | 26181 | |

33. Schweizer Frauenlauf Bern 2019

results

5km Running Frauen W40

| rank | lastname | firstname | yob | city | club | time | diff | min/km | racenum | overall |
|------|----------------------|-----------|-----|----------------|---------------------|------|------|--------|---------|---------|
| DNS | | | | | | | | | | |
| | Jud | Rita | 77 | Jona | | | | | 26373 | |
| | Stadelmann | Karin | 79 | Lauperswil | | | | | 27125 | |
| | Gauch | Caroline | 76 | Düdingen | | | | | 28068 | |
| | Imhof | Catherine | 76 | Münchenbuchsee | | | | | 28090 | |
| | Held | Andrea | 76 | Rüegsbach | | | | | 29132 | |
| | Schalbetter | Theresa | 77 | Grenziols | | | | | 30202 | |
| | Schüpbach | Heidi | 77 | Rüderswil | | | | | 30213 | |
| | Brandenberger-Schenk | Fr... | 79 | Brüttisellen | | | | | 31091 | |
| | Laschinger | Anna | 78 | Basel | Antikenmuseum Basel | | | | 31254 | |
| | Sucur | Miladinka | 75 | Luzern | Running Chicks | | | | 31393 | |
| | Sawall | Liane | 78 | Grenchen | | | | | 32304 | |
| | Freiburghaus | Singa | 78 | Ostermundigen | | | | | 33201 | |
| | Richner | Silvia | 75 | Zürich | | | | | 34200 | |

#509 participants