

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|-------------------------|----|------------------------|--------------------------|--------------|-------|--------|---------|---------|
| 1. | Sprecher Sina | 89 | Bern | TV Länggasse | 18:45 | | 3:45 | 34 | 15. |
| 2. | Gantner Michèle | 89 | Flums | LC Vaduz | 18:53 | +08 | 3:46 | 31 | 16. |
| 3. | Peter Karin | 88 | Sempach | | 20:46 | +2:01 | 4:09 | 21124 | 46. |
| 4. | Rechsteiner Claudia | 86 | Rorschacherberg | St. Gallen Track Club | 20:54 | +2:09 | 4:10 | 21127 | 48. |
| 5. | Hüppli Linda | 88 | Brügg BE | Jogging Biel-Bienne | 21:17 | +2:32 | 4:15 | 21253 | 61. |
| 6. | Frick Ramona | 86 | | | 21:28 | +2:43 | 4:17 | 23040 | 69. |
| 7. | Bigler Nadja | 85 | Steffisburg | | 21:47 | +3:02 | 4:21 | 21214 | 82. |
| 8. | Schnüriger Jeanine | 89 | Einsiedeln | | 22:22 | +3:37 | 4:28 | 21149 | 115. |
| 9. | Nicolet Marion | 89 | Tramelan | | 22:24 | +3:39 | 4:28 | 21290 | 119. |
| 10. | Teuber Fabienne | 87 | Bern | Eva's Haarsalon | 22:30 | +3:45 | 4:30 | 21328 | 128. |
| 11. | Spöring Lilian | 89 | Hellbühl | Loolaba Triathlon Clu... | 22:36 | +3:51 | 4:31 | 21162 | 137. |
| 12. | Gruber Isabelle | 89 | Bern | | 23:01 | +4:16 | 4:36 | 21062 | 176. |
| 13. | Stolz Ladina | 88 | Lausanne | Ski-O-Swiss / SSC Rät... | 23:09 | +4:24 | 4:37 | 21370 | 184. |
| 14. | Schärer Sandra | 85 | Spiez | ol norska | 23:24 | +4:39 | 4:40 | 21140 | 197. |
| 15. | Kessler Stefanie | 89 | Zofingen | | 23:24 | +4:39 | 4:40 | 21263 | 198. |
| 16. | Schori Andrea | 87 | Bern | | 24:02 | +5:17 | 4:48 | 21150 | 261. |
| 17. | Oberbossel Gina | 85 | Steinhausen | | 24:06 | +5:21 | 4:49 | 22216 | 267. |
| 18. | Franzelli Mirjam | 89 | Luzern | | 24:32 | +5:47 | 4:54 | 21355 | 309. |
| 19. | Masshardt Yordanka | 88 | Finstershennen | | 24:34 | +5:49 | 4:54 | 21107 | 320. |
| 20. | Birrer Fabienne | 87 | Zollikofen | | 24:39 | +5:54 | 4:55 | 69141 | 329. |
| 21. | Lusser Bigna | 87 | Bern | | 24:39 | +5:54 | 4:55 | 22172 | 331. |
| 22. | Schorr Salome | 86 | Schinznach Bad | | 24:42 | +5:57 | 4:56 | 22281 | 344. |
| 23. | Wettstein Marlene | 86 | Wald | | 24:42 | +5:57 | 4:56 | 23295 | 346. |
| 24. | Dysli Chantal | 87 | Zollbrück | | 24:51 | +6:06 | 4:58 | 21046 | 365. |
| 25. | Overney Annick | 86 | Plasselb | | 25:03 | +6:18 | 5:00 | 23421 | 392. |
| 26. | Rickli Anna | 87 | Bern | | 25:05 | +6:20 | 5:01 | 27237 | 406. |
| 27. | Frattino Sylvie | 87 | Vevey | | 25:05 | +6:20 | 5:01 | 24345 | 407. |
| 28. | Haldi Séverine | 85 | Gstaad | | 25:11 | +6:26 | 5:02 | 22111 | 415. |
| 29. | Probst Stefanie | 88 | Bern | Raion Dojo | 25:11 | +6:26 | 5:02 | 23426 | 416. |
| 30. | Todorski Inga | 89 | Bern | TVL | 25:24 | +6:39 | 5:04 | 23285 | 459. |
| 31. | Käppeli Christine | 85 | Winau | | 25:25 | +6:40 | 5:05 | 25247 | 462. |
| 32. | Disch Lucia | 86 | Konstanz | | 25:25 | +6:40 | 5:05 | 21044 | 463. |
| 33. | Lamiri Natalie | 88 | Bern | | 25:26 | +6:41 | 5:05 | 25272 | 465. |
| 34. | Mühlemann- Uhlmann D... | 88 | Pfaffnau | | 25:36 | +6:51 | 5:07 | 24204 | 496. |
| 35. | Sellner Pamela | 89 | Münchenstein | | 25:39 | +6:54 | 5:07 | 23447 | 503. |
| 36. | Zahler Antoinette | 89 | Süderen | | 25:41 | +6:56 | 5:08 | 22481 | 510. |
| 37. | Ammann Madeleine | 85 | Schlosswil | | 25:43 | +6:58 | 5:08 | 22033 | 515. |
| 38. | Hofer Sandra | 87 | Urtenen-Schönbühl | DR Hemmiken | 25:48 | +7:03 | 5:09 | 23369 | 532. |
| 39. | Wellig Judith | 89 | Zürich | | 25:53 | +7:08 | 5:10 | 22329 | 542. |
| 40. | Wellig Monica | 86 | Bern | | 25:53 | +7:08 | 5:10 | 22330 | 548. |
| 41. | Wahli Andrea | 85 | Bern | STB | 25:56 | +7:11 | 5:11 | 22320 | 558. |
| 42. | Gschliesser Agnes | 89 | Bern | | 25:59 | +7:14 | 5:11 | 21236 | 575. |
| 43. | Schild Larissa | 88 | Mörigen | | 26:01 | +7:16 | 5:12 | 22441 | 587. |
| 44. | Masé Aline | 86 | Basel | | 26:03 | +7:18 | 5:12 | 22182 | 590. |
| 45. | Ferrari Giulia | 88 | Fribourg | | 26:07 | +7:22 | 5:13 | 21228 | 603. |
| 46. | Münger Melanie | 89 | Burgdorf | | 26:08 | +7:23 | 5:13 | 22211 | 605. |
| 47. | Hausherr Anna | 89 | Ueberstorf | | 26:10 | +7:25 | 5:14 | 28083 | 620. |
| 48. | Eggler Karin | 86 | Goldswil b. Interlaken | | 26:16 | +7:31 | 5:15 | 23166 | 640. |
| 49. | Karacsonyi Carmen | 89 | Uttigen | | 26:17 | +7:32 | 5:15 | 22397 | 642. |
| 50. | Erb Jeannine | 87 | Bern | | 26:21 | +7:36 | 5:16 | 21227 | 662. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|----------------------|----|-----------------|--------------------------|--------------|-------|--------|---------|---------|
| 51. | Sommer Andrea | 86 | Basel | | 26:25 | +7:40 | 5:17 | 22286 | 681. |
| 52. | Gisler Nadia | 87 | Schattdorf | Drogerie Moll | 26:32 | +7:47 | 5:18 | 28072 | 713. |
| 53. | Röllin Angela | 86 | Thierachern | | 26:36 | +7:51 | 5:19 | 24227 | 730. |
| 54. | Krüger Elisabeth | 87 | Fislisbach | | 26:38 | +7:53 | 5:19 | 25264 | 734. |
| 55. | Ramel Andrea | 85 | Kiesen | | 26:44 | +7:59 | 5:20 | 22231 | 753. |
| 56. | Fontanet Elsa | 87 | Genève | Stade Genève | 26:50 | +8:05 | 5:22 | 22377 | 774. |
| 57. | Eblen Vera | 86 | | | 26:55 | +8:10 | 5:23 | 25078 | 799. |
| 58. | Kubenová Markéta | 87 | Bern | AK Kyjov | 26:57 | +8:12 | 5:23 | 29074 | 811. |
| 59. | Benz Judith | 86 | Erlenbach i. S. | | 26:58 | +8:13 | 5:23 | 22053 | 816. |
| 60. | Ladosz Agnieszka | 89 | Zürich | | 27:00 | +8:15 | 5:24 | 22158 | 828. |
| 61. | Reymond Helena | 87 | Basel | | 27:00 | +8:15 | 5:24 | 22243 | 832. |
| 62. | Budmiger Maria | 88 | Ostermundigen | Eva's Haarsalon | 27:04 | +8:19 | 5:24 | 26308 | 852. |
| 63. | Tanner Barbara | 87 | Einsiedeln | | 27:05 | +8:20 | 5:25 | 25437 | 855. |
| 64. | Dettling Sonja | 87 | Steinen | | 27:09 | +8:24 | 5:25 | 24099 | 881. |
| 65. | Kienholz Lea | 86 | Thun | | 27:15 | +8:30 | 5:27 | 22146 | 909. |
| 66. | Riedo Andrea | 86 | Ruswil | TV Herisau | 27:17 | +8:32 | 5:27 | 22246 | 925. |
| 67. | Müller Andrea | 85 | Olten | | 27:21 | +8:36 | 5:28 | 24417 | 936. |
| 68. | Oechslin Leitja | 87 | Neuchâtel | | 27:22 | +8:37 | 5:28 | 30175 | 944. |
| 69. | Jeanrenaud Charlotte | 87 | Neuchâtel | | 27:23 | +8:38 | 5:28 | 30112 | 948. |
| 70. | Looser Olivia | 89 | Lausen | | 27:24 | +8:39 | 5:28 | 23222 | 949. |
| 71. | Schocher Ladina | 89 | Malix | TV Malix | 27:38 | +8:53 | 5:31 | 22279 | 1014. |
| 72. | Wetli Sabine | 87 | Münsingen | | 27:43 | +8:58 | 5:32 | 27209 | 1038. |
| 73. | Hodel Agnes | 85 | Gerzensee | | 27:43 | +8:58 | 5:32 | 27171 | 1040. |
| 74. | Kunfermann Deborah | 85 | Belp | | 27:45 | +9:00 | 5:33 | 23395 | 1052. |
| 75. | Orgler Daniela | 87 | Göschenen | TV Gommiswald | 27:46 | +9:01 | 5:33 | 24210 | 1059. |
| 76. | Stuker Céline | 85 | Bern | | 27:49 | +9:04 | 5:33 | 26243 | 1077. |
| 77. | Ryser Fabienne | 85 | Kirchlindach | TVL Volleyball | 27:49 | +9:04 | 5:33 | 23258 | 1082. |
| 78. | Uebelmann Ramona | 88 | Gipf-Oberfrick | | 27:51 | +9:06 | 5:34 | 25447 | 1091. |
| 79. | Wyss Simona | 85 | Burgistein | | 27:54 | +9:09 | 5:34 | 24293 | 1103. |
| 80. | Stammler Lina | 89 | Bern | | 27:57 | +9:12 | 5:35 | 30440 | 1134. |
| 81. | Schuler Stefanie | 86 | Bern | | 27:58 | +9:13 | 5:35 | 30430 | 1139. |
| 82. | Steinmann Corine | 88 | Bern | | 28:00 | +9:15 | 5:36 | 23486 | 1155. |
| 83. | Manz Sandra | 87 | Basel | | 28:01 | +9:16 | 5:36 | 25295 | 1161. |
| 84. | Bourgnon Adeline | 89 | Basel | Basel Running Club B... | 28:05 | +9:20 | 5:37 | 31089 | 1185. |
| 85. | Ramseier Nicola | 85 | Langnau i. E. | | 28:10 | +9:25 | 5:38 | 24424 | 1208. |
| 86. | Genhart Angela | 86 | Näfels | | 28:17 | +9:32 | 5:39 | 31160 | 1263. |
| 87. | Müller Sheila | 85 | Rupperswil | | 28:17 | +9:32 | 5:39 | 23413 | 1264. |
| 88. | Riedo Maria | 86 | Fribourg | | 28:20 | +9:35 | 5:40 | 23429 | 1287. |
| 89. | Schmid Sophie | 88 | Aarau Rohr | | 28:21 | +9:36 | 5:40 | 22275 | 1292. |
| 90. | Rüfenacht Sonja | 89 | Bern | | 28:21 | +9:36 | 5:40 | 22256 | 1294. |
| 91. | Peier-Riedo Simone | 86 | Lostorf | | 28:22 | +9:37 | 5:40 | 24215 | 1305. |
| 92. | Murer Lynn | 88 | Seon | | 28:27 | +9:42 | 5:41 | 24205 | 1344. |
| 93. | Bächler Maeve | 89 | Plaffeien | | 28:27 | +9:42 | 5:41 | 24306 | 1345. |
| 94. | Gugler Caroline | 86 | Giffers | | 28:31 | +9:46 | 5:42 | 24356 | 1378. |
| 95. | Balmer Alice | 89 | Zürich | | 28:32 | +9:47 | 5:42 | 23313 | 1389. |
| 96. | Ketterer Carina | 87 | Zürich | | 28:33 | +9:48 | 5:42 | 25251 | 1392. |
| 97. | Rutishauser Nora | 87 | Schmitten FR | Club Soroptimist BE/S... | 28:34 | +9:49 | 5:42 | 25377 | 1402. |
| 98. | Sasfi Tímea | 85 | Zürich | | 28:36 | +9:51 | 5:43 | 23262 | 1428. |
| 99. | Sasfi Melinda | 89 | Zürich | Frau | 28:37 | +9:52 | 5:43 | 23261 | 1429. |
| 100. | Moor Sabina | 89 | Luzern | | 28:38 | +9:53 | 5:43 | 23412 | 1436. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|-----------------------|----|---------------------|---------------------|--------------|--------|--------|---------|---------|
| 101. | Käser Fabienne | 89 | Engelberg | | 28:38 | +9:53 | 5:43 | 22398 | 1439. |
| 102. | Bongni Claudia | 86 | Lyss | Turnverein Lyss | 28:38 | +9:53 | 5:43 | 24322 | 1444. |
| 103. | Meesters Daniela | 86 | Nidfurn | | 28:41 | +9:56 | 5:44 | 22185 | 1458. |
| 104. | Fritsche Tatjana | 86 | Rüschlikon | | 28:42 | +9:57 | 5:44 | 25191 | 1462. |
| 105. | Pfeifer Karin | 87 | Zürich | | 28:42 | +9:57 | 5:44 | 27236 | 1463. |
| 106. | Rothen Anna-Barbara | 89 | Bern | TOBS | 28:42 | +9:57 | 5:44 | 24433 | 1464. |
| 107. | Misteli Saskia | 87 | Bern | | 28:42 | +9:57 | 5:44 | 25326 | 1468. |
| 108. | Bouvard Joëlle | 87 | Rütihof | | 28:43 | +9:58 | 5:44 | 24081 | 1476. |
| 109. | Zbinden Sandra | 86 | Rüschegg Gambach | | 28:47 | +10:02 | 5:45 | 23307 | 1502. |
| 110. | Meister Eva | 86 | Selzach | Lauftreff Solothurn | 28:48 | +10:03 | 5:45 | 22189 | 1515. |
| 111. | Krüsi Marion | 85 | Zürich | | 28:53 | +10:08 | 5:46 | 27070 | 1544. |
| 112. | Grossenbacher Barbara | 89 | Bern | | 28:56 | +10:11 | 5:47 | 24141 | 1558. |
| 113. | Deuschle Fabienne | 89 | Münsingen | STB | 29:00 | +10:15 | 5:48 | 26096 | 1588. |
| 114. | Lüthi Franziska | 87 | Münchenbuchsee | | 29:02 | +10:17 | 5:48 | 26393 | 1591. |
| 115. | Roth Mirjam | 85 | Visp | | 29:03 | +10:18 | 5:48 | 28133 | 1597. |
| 116. | Brühwiler Corinne | 87 | Glattpark (Opfikon) | | 29:04 | +10:19 | 5:48 | 26073 | 1610. |
| 117. | Kehrli Patricia | 87 | Willisau | | 29:04 | +10:19 | 5:48 | 26377 | 1620. |
| 118. | Flückiger Martina | 86 | Wabern | | 29:06 | +10:21 | 5:49 | 25182 | 1635. |
| 119. | Wirthner Josianne | 85 | Glis | | 29:08 | +10:23 | 5:49 | 27143 | 1647. |
| 120. | Gonçalves Tatiana | 88 | Bern | | 29:10 | +10:25 | 5:50 | 26125 | 1663. |
| 121. | Martig Anja | 89 | Gerlafingen | | 29:12 | +10:27 | 5:50 | 24194 | 1680. |
| 122. | Schumacher Lina | 86 | Bern | | 29:13 | +10:28 | 5:50 | 24255 | 1689. |
| 123. | Guzijan Tijana | 89 | Bern | | 29:16 | +10:31 | 5:51 | 24357 | 1707. |
| 124. | Hösli Sandra | 85 | Näfels | | 29:16 | +10:31 | 5:51 | 23196 | 1708. |
| 125. | Hobi Sandra | 87 | Bern | | 29:17 | +10:32 | 5:51 | 25234 | 1715. |
| 126. | Kessler Anita | 87 | Glarus | | 29:17 | +10:32 | 5:51 | 24383 | 1718. |
| 127. | Diriwächter Gabriela | 87 | Bern | | 29:17 | +10:32 | 5:51 | 33047 | 1719. |
| 128. | Koch Geraldine | 88 | Zollikofen | | 29:18 | +10:33 | 5:51 | 31241 | 1726. |
| 129. | Wang Hui | 85 | Naters | | 29:19 | +10:34 | 5:51 | 30461 | 1728. |
| 130. | Lunardi Nicole | 85 | Sorengo | | 29:25 | +10:40 | 5:53 | 30380 | 1778. |
| 131. | Zanolari Stefanie | 85 | Bülach | | 29:25 | +10:40 | 5:53 | 29187 | 1781. |
| 132. | Häfliger Leonore | 86 | Luzern | | 29:27 | +10:42 | 5:53 | 23185 | 1793. |
| 133. | Strub Rahel | 86 | Langenthal | | 29:28 | +10:43 | 5:53 | 27131 | 1799. |
| 134. | Ulrich Tamara | 89 | Bern | | 29:29 | +10:44 | 5:53 | 24463 | 1803. |
| 135. | Frei Anna | 86 | Wabern | | 29:34 | +10:49 | 5:54 | 32232 | 1843. |
| 136. | Osterwalder Nicole | 86 | Bern | | 29:36 | +10:51 | 5:55 | 24211 | 1863. |
| 137. | Ludwig Ursina | 85 | Schwellbrunn | TV Herisau | 29:37 | +10:52 | 5:55 | 22170 | 1876. |
| 138. | Belli Irina | 89 | Bern | | 29:38 | +10:53 | 5:55 | 25118 | 1880. |
| 139. | Bourqui Mirjam | 86 | LiebefeldLiebefeld | | 29:38 | +10:53 | 5:55 | 26302 | 1883. |
| 140. | Zortea Anna | 85 | Zürich | | 29:39 | +10:54 | 5:55 | 30261 | 1891. |
| 141. | Hess Eva | 89 | Dürrenroth | | 29:40 | +10:55 | 5:56 | 22116 | 1897. |
| 142. | Rohrer Livia | 87 | Hasle-Rüegsau | | 29:40 | +10:55 | 5:56 | 30189 | 1900. |
| 143. | Grossenbacher Katrin | 88 | Bern | | 29:41 | +10:56 | 5:56 | 24143 | 1902. |
| 144. | Zemp Susann | 85 | Ohmstal | LSV Uetendorf | 29:42 | +10:57 | 5:56 | 22343 | 1916. |
| 145. | Von Allmen Evelyn | 88 | Wabern | Eva's Haarsalon | 29:44 | +10:59 | 5:56 | 26469 | 1925. |
| 146. | Zanolari Bettina | 87 | St. Gallen | | 29:46 | +11:01 | 5:57 | 29186 | 1936. |
| 147. | Ceschi Nadia | 89 | Bern | | 29:48 | +11:03 | 5:57 | 24334 | 1951. |
| 148. | Buta Claudia | 89 | Bern | | 29:48 | +11:03 | 5:57 | 26080 | 1955. |
| 149. | Jordi Irène | 89 | Bern | | 29:50 | +11:05 | 5:58 | 26159 | 1965. |
| 150. | Dippong Melanie | 88 | Kreuzlingen | | 29:51 | +11:06 | 5:58 | 29191 | 1973. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|------------------------|----|-------------------|----------------------|--------------|--------|--------|---------|---------|
| 151. | Meier Inka | 89 | Münsingen | | 29:52 | +11:07 | 5:58 | 25303 | 1982. |
| 152. | Büchi-Ferrari Olivia | 86 | Mettmenstetten | | 29:54 | +11:09 | 5:58 | 24093 | 1994. |
| 153. | Gjokaj Violeta | 89 | Oltén | | 29:58 | +11:13 | 5:59 | 69161 | 2025. |
| 154. | Rios Jociane | 86 | Ittigen | | 29:59 | +11:14 | 5:59 | 32143 | 2026. |
| 155. | Bigler Fabienne | 88 | Jegenstorf | | 30:00 | +11:15 | 6:00 | 28206 | 2032. |
| 156. | Blaser Chantal | 89 | Düdingen | | 30:04 | +11:19 | 6:00 | 30289 | 2067. |
| 157. | Buser Nathalie | 89 | Bern | | 30:05 | +11:20 | 6:01 | 27034 | 2073. |
| 158. | Masé Selina | 87 | Zürich | | 30:06 | +11:21 | 6:01 | 22183 | 2079. |
| 159. | Degen Seraina | 86 | Basel | | 30:09 | +11:24 | 6:01 | 26316 | 2097. |
| 160. | Studer Rahel | 89 | Küttigen | | 30:10 | +11:25 | 6:02 | 30230 | 2111. |
| 161. | Sieber Angela | 88 | Wil | | 30:11 | +11:26 | 6:02 | 25409 | 2115. |
| 162. | Giger Irene | 85 | Schötz | | 30:13 | +11:28 | 6:02 | 26120 | 2135. |
| 163. | Bertini Fabiola | 86 | Ennenda | | 30:14 | +11:29 | 6:02 | 31072 | 2137. |
| 164. | Le Boudec Joana | 86 | Epalinges | | 30:15 | +11:30 | 6:03 | 32273 | 2148. |
| 165. | Müller Olivia | 87 | Neuenegg | | 30:19 | +11:34 | 6:03 | 29082 | 2178. |
| 166. | Eugster Rebekka | 86 | Bern | | 30:21 | +11:36 | 6:04 | 28226 | 2198. |
| 167. | Born Alice | 87 | Bern | | 30:23 | +11:38 | 6:04 | 27152 | 2210. |
| 168. | Wüthrich Christa | 86 | Mirchel | Apotheke Worb | 30:27 | +11:42 | 6:05 | 31429 | 2239. |
| 169. | Hasler Rahel | 87 | Biel/Bienne | | 30:27 | +11:42 | 6:05 | 30102 | 2241. |
| 170. | Kocher Franziska | 87 | Villars-sur-Glâne | | 30:29 | +11:44 | 6:05 | 30361 | 2260. |
| 171. | Hunziker Ursula | 88 | Aarau | | 30:29 | +11:44 | 6:05 | 27173 | 2262. |
| 172. | Brouze Iris | 89 | Les Evouettes | | 30:29 | +11:44 | 6:05 | 30296 | 2264. |
| 173. | Fasnacht Stephanie | 86 | Bern | | 30:30 | +11:45 | 6:06 | 27045 | 2267. |
| 174. | Hausammann Carol | 87 | Bern | | 30:30 | +11:45 | 6:06 | 23365 | 2274. |
| 175. | Rupp Sandra | 88 | Ittigen | | 30:30 | +11:45 | 6:06 | 23436 | 2275. |
| 176. | Kneubühl Chantal | 89 | Rheinfelden | | 30:33 | +11:48 | 6:06 | 26167 | 2301. |
| 177. | Anzagra Tabitha | 89 | Genève | | 30:33 | +11:48 | 6:06 | 28024 | 2306. |
| 178. | Faes Isabel | 89 | Aarau Rohr | | 30:34 | +11:49 | 6:06 | 25172 | 2307. |
| 179. | Fuchs Lia | 89 | Bern | | 30:34 | +11:49 | 6:06 | 32235 | 2309. |
| 180. | Käser Andrea | 89 | Aarau | | 30:34 | +11:49 | 6:06 | 25248 | 2312. |
| 181. | Kreuter Martina | 88 | Bern | | 30:34 | +11:49 | 6:06 | 22154 | 2318. |
| 182. | Schmed Manuela | 85 | Oberrohrdorf | | 30:35 | +11:50 | 6:07 | 28142 | 2322. |
| 183. | Herger Jeannine | 88 | Seedorf UR | | 30:37 | +11:52 | 6:07 | 26359 | 2336. |
| 184. | Dosch Rahel | 86 | Thun | | 30:39 | +11:54 | 6:07 | 25160 | 2359. |
| 185. | Bleiker Sibylle | 85 | St. Gallen | | 30:41 | +11:56 | 6:08 | 27214 | 2369. |
| 186. | Sciré Enza | 85 | Biel/Bienne | | 30:42 | +11:57 | 6:08 | 27116 | 2375. |
| 187. | Kammermann Denise | 87 | Ballwil | | 30:48 | +12:03 | 6:09 | 31232 | 2408. |
| 188. | Mauchle Tamara | 86 | Bottmingen | | 30:49 | +12:04 | 6:09 | 24195 | 2410. |
| 189. | Mäder Eva | 85 | Ostermundigen | Eva's Haarsalon | 30:50 | +12:05 | 6:10 | 28107 | 2421. |
| 190. | Frischknecht Franziska | 86 | Gais | TV Gais | 30:52 | +12:07 | 6:10 | 25190 | 2434. |
| 191. | Wüthrich Corinne | 89 | Liestal | | 30:54 | +12:09 | 6:10 | 25471 | 2452. |
| 192. | Vogt Jannine | 87 | Fehren | | 30:56 | +12:11 | 6:11 | 31408 | 2471. |
| 193. | Bödeker Manuela | 89 | Zollikofen | | 30:57 | +12:12 | 6:11 | 31079 | 2482. |
| 194. | Meuwly Patrizia | 87 | Richterswil | | 31:03 | +12:18 | 6:12 | 25315 | 2529. |
| 195. | Tschümperlin Raphaela | 89 | Bern | | 31:07 | +12:22 | 6:13 | 26466 | 2564. |
| 196. | Hänni Nicole | 86 | Münsingen | | 31:07 | +12:22 | 6:13 | 26357 | 2571. |
| 197. | Lechthaler Giulia | 85 | Bern | | 31:08 | +12:23 | 6:13 | 69013 | 2581. |
| 198. | Bürgy Tina | 89 | Guschelmuth | | 31:08 | +12:23 | 6:13 | 32216 | 2583. |
| 199. | Kunz Sabrina | 87 | Wyssachen | | 31:08 | +12:23 | 6:13 | 26174 | 2586. |
| 200. | Kunz Tamara | 89 | Lotzwil | Skating Club Huttwil | 31:09 | +12:24 | 6:13 | 26176 | 2589. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|-----------------------|----|-------------------|------------------|--------------|--------|--------|---------|---------|
| 201. | Mignogna Mariastella | 85 | Biberist | Aldi Kirchberg | 31:10 | +12:25 | 6:14 | 28278 | 2608. |
| 202. | Kellenberger Flavia | 85 | Liebefeld | | 31:11 | +12:26 | 6:14 | 69175 | 2609. |
| 203. | Mende Andrea | 86 | Arosa | | 31:12 | +12:27 | 6:14 | 30389 | 2620. |
| 204. | Marcandella Deborah | 87 | Wettingen | | 31:19 | +12:34 | 6:15 | 25298 | 2682. |
| 205. | Sanchez Mia | 88 | Basel | | 31:22 | +12:37 | 6:16 | 25380 | 2706. |
| 206. | Bürgler Tamara | 89 | Niedergösgen | | 31:26 | +12:41 | 6:17 | 27216 | 2740. |
| 207. | Johansson Aline | 86 | Zug | | 31:27 | +12:42 | 6:17 | 25245 | 2747. |
| 208. | Steiner Karin | 87 | Luzern | | 31:29 | +12:44 | 6:17 | 28303 | 2769. |
| 209. | Zimmer Kirsten | 86 | Gümligen | Volley Muri Bern | 31:29 | +12:44 | 6:17 | 23308 | 2770. |
| 210. | Anderegg Ramona | 89 | Aarwangen | TV Aarwangen | 31:30 | +12:45 | 6:18 | 30267 | 2775. |
| 211. | Rosenberger Sabrina | 88 | Schliern b. Köniz | | 31:32 | +12:47 | 6:18 | 24228 | 2787. |
| 212. | Kegel Svenja | 86 | Biel/Bienne | | 31:33 | +12:48 | 6:18 | 28255 | 2797. |
| 213. | Kelly Sherrell | 88 | Solothurn | | 31:34 | +12:49 | 6:18 | 26162 | 2800. |
| 214. | Drexler Jessica | 85 | Schlieren | | 31:34 | +12:49 | 6:18 | 29122 | 2805. |
| 215. | Herrmann Martina | 89 | Bern | | 31:35 | +12:50 | 6:19 | 25232 | 2812. |
| 216. | Zehnder Andrea | 89 | Uetendorf | Drächelis | 31:36 | +12:51 | 6:19 | 29115 | 2817. |
| 217. | Schmid Sonja | 86 | Bern | | 31:39 | +12:54 | 6:19 | 22274 | 2832. |
| 218. | Kuster Nadine | 85 | Frauenkappelen | | 31:39 | +12:54 | 6:19 | 22402 | 2835. |
| 219. | Rouprich Natacha | 85 | Yverdon-les-Bains | | 31:40 | +12:55 | 6:20 | 31340 | 2836. |
| 220. | Pinto Célia | 87 | Yverdon-les-Bains | | 31:40 | +12:55 | 6:20 | 31313 | 2838. |
| 221. | Berner Sarah | 87 | Ittigen | | 31:40 | +12:55 | 6:20 | 27030 | 2842. |
| 222. | Schouwey Tiffany | 89 | Yverdon-les-Bains | | 31:41 | +12:56 | 6:20 | 31363 | 2845. |
| 223. | Eichenberger Jeannine | 86 | Zell LU | | 31:41 | +12:56 | 6:20 | 32224 | 2851. |
| 224. | Steiner-lauber Ramona | 85 | Linden | | 31:41 | +12:56 | 6:20 | 30444 | 2857. |
| 225. | Muff Rahel | 89 | Bern | | 31:43 | +12:58 | 6:20 | 28280 | 2864. |
| 226. | Leuenberger Claudia | 88 | Belp | | 31:44 | +12:59 | 6:20 | 30138 | 2870. |
| 227. | Linder Mélanie | 87 | Courtelary | | 31:44 | +12:59 | 6:20 | 30376 | 2871. |
| 228. | Stohr Silvia | 87 | Bern | | 31:44 | +12:59 | 6:20 | 25432 | 2876. |
| 229. | Brunner Andrea | 89 | Schliern | | 31:46 | +13:01 | 6:21 | 30299 | 2885. |
| 230. | Bürgi Felicitas | 85 | Glattbrugg | | 31:46 | +13:01 | 6:21 | 32348 | 2892. |
| 231. | Kropf Andrea | 85 | Bern | | 31:50 | +13:05 | 6:22 | 29142 | 2908. |
| 232. | Riedi Anita | 87 | Uster | | 31:50 | +13:05 | 6:22 | 25357 | 2910. |
| 233. | Moser Martina | 87 | Winterthur | | 31:50 | +13:05 | 6:22 | 25330 | 2912. |
| 234. | Fink Christina | 88 | Möhlin | | 31:54 | +13:09 | 6:22 | 32353 | 2938. |
| 235. | Schmid Nadine | 87 | Bern | | 31:54 | +13:09 | 6:22 | 30426 | 2939. |
| 236. | Laich Franziska | 85 | Baden | | 31:55 | +13:10 | 6:23 | 31248 | 2949. |
| 237. | Vuilleumier Julie | 87 | Courtelary | | 31:57 | +13:12 | 6:23 | 30458 | 2963. |
| 238. | Sumi Stéphanie | 87 | Yverdon-les-Bains | | 31:57 | +13:12 | 6:23 | 30447 | 2968. |
| 239. | Bigler Nicole | 88 | Langnau i. E. | | 31:58 | +13:13 | 6:23 | 30042 | 2971. |
| 240. | Ünal Merve | 88 | Ennetbaden | CFD | 31:58 | +13:13 | 6:23 | 26467 | 2979. |
| 241. | Heer Jasmine | 86 | Winterthur | | 32:00 | +13:15 | 6:24 | 29131 | 2995. |
| 242. | Borner Alexandra | 89 | Aarau | | 32:03 | +13:18 | 6:24 | 28212 | 3017. |
| 243. | Schneider Simone | 86 | Raron | | 32:05 | +13:20 | 6:25 | 26227 | 3025. |
| 244. | Meister Manuela | 86 | Auswil | | 32:05 | +13:20 | 6:25 | 28322 | 3026. |
| 245. | Singh Priyanka | 86 | Zollikofen | | 32:05 | +13:20 | 6:25 | 26443 | 3031. |
| 246. | Schlösser Nadine | 89 | Olten | | 32:10 | +13:25 | 6:26 | 31034 | 3058. |
| 247. | Reimann Ginette | 85 | Kilchberg ZH | | 32:10 | +13:25 | 6:26 | 25355 | 3064. |
| 248. | Gysin Sara | 88 | Basel | | 32:10 | +13:25 | 6:26 | 26353 | 3066. |
| 249. | Merz Sarah | 88 | Zofingen | | 32:11 | +13:26 | 6:26 | 25313 | 3072. |
| 250. | Werner Andrea | 87 | Schaffhausen | | 32:11 | +13:26 | 6:26 | 32335 | 3077. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|------------------------|----|--------------------|-------------------------|--------------|--------|--------|---------|---------|
| 251. | Agreda Nadja | 88 | Zürich | | 32:12 | +13:27 | 6:26 | 26279 | 3080. |
| 252. | Schär Sylvia | 86 | Bern | | 32:15 | +13:30 | 6:27 | 23439 | 3103. |
| 253. | Estevao Azaria | 87 | Ueberstorf | | 32:17 | +13:32 | 6:27 | 29123 | 3118. |
| 254. | Vassalli Nadia | 87 | Burgistein | | 32:19 | +13:34 | 6:27 | 33271 | 3135. |
| 255. | Weyermann Rahel | 86 | Thun | | 32:19 | +13:34 | 6:27 | 33278 | 3137. |
| 256. | Mayer Anja | 88 | Zürich | | 32:19 | +13:34 | 6:27 | 26400 | 3139. |
| 257. | Sahli Beatrice | 89 | Ostermundigen | | 32:20 | +13:35 | 6:28 | 32301 | 3146. |
| 258. | Meier Katharina | 87 | Zürich | | 32:21 | +13:36 | 6:28 | 34334 | 3151. |
| 259. | Gariglio Enrica | 87 | Bern | Schweizerisches Rote... | 32:21 | +13:36 | 6:28 | 29049 | 3157. |
| 260. | Borner Barbara | 86 | Zürich | | 32:22 | +13:37 | 6:28 | 29032 | 3160. |
| 261. | Walti Carla | 88 | Zürich | | 32:22 | +13:37 | 6:28 | 29201 | 3161. |
| 262. | Mani Simona | 89 | Köniz | | 32:24 | +13:39 | 6:28 | 31273 | 3176. |
| 263. | Dannenbauer Jacqueline | 88 | Kloten | | 32:24 | +13:39 | 6:28 | 27157 | 3177. |
| 264. | Bösch Kerstin | 88 | Bern | | 32:25 | +13:40 | 6:29 | 28038 | 3188. |
| 265. | Labeaut Marion | 89 | Fribourg | Soroptimist Lausanne | 32:25 | +13:40 | 6:29 | 34142 | 3191. |
| 266. | Votruba Martina | 85 | Bern | | 32:29 | +13:44 | 6:29 | 32331 | 3212. |
| 267. | Moser Amanda | 87 | Schmitten FR | | 32:32 | +13:47 | 6:30 | 32285 | 3226. |
| 268. | Neuhaus Andrea | 86 | Ortschwaben | | 32:34 | +13:49 | 6:30 | 25337 | 3231. |
| 269. | Waldspurger Céline | 89 | Horw | | 32:35 | +13:50 | 6:31 | 28310 | 3233. |
| 270. | Vogt Anita | 87 | Basel | | 32:35 | +13:50 | 6:31 | 25453 | 3236. |
| 271. | Mini Flavia | 85 | Horw | | 32:35 | +13:50 | 6:31 | 1099 | 3237. |
| 272. | Wüthrich Ramona | 86 | Rüscheegg Gambach | | 32:36 | +13:51 | 6:31 | 34388 | 3239. |
| 273. | Deon Isabel | 88 | Bern | | 32:38 | +13:53 | 6:31 | 34291 | 3249. |
| 274. | Berger Sandy | 88 | Huttwil | | 32:39 | +13:54 | 6:31 | 33021 | 3260. |
| 275. | Locher Corina | 85 | Herisau | Kuoni | 32:41 | +13:56 | 6:32 | 23221 | 3277. |
| 276. | Cantoni Sophie | 86 | Neuchâtel | | 32:42 | +13:57 | 6:32 | 31111 | 3281. |
| 277. | Bigler-Haag Doris | 85 | Bern | | 32:43 | +13:58 | 6:32 | 28207 | 3284. |
| 278. | Adank Sarah | 85 | Kleinbödingen | | 32:43 | +13:58 | 6:32 | 29019 | 3286. |
| 279. | Krojer Monika | 85 | Worb | | 32:47 | +14:02 | 6:33 | 30478 | 3321. |
| 280. | Christen Marianne | 86 | Bremgarten b. Bern | | 32:48 | +14:03 | 6:33 | 30062 | 3325. |
| 281. | Schnyder Corinne | 87 | Lauerz | | 32:52 | +14:07 | 6:34 | 24251 | 3346. |
| 282. | Köchli Alessandra | 85 | Bern | FDP Frauen | 32:54 | +14:09 | 6:34 | 26169 | 3359. |
| 283. | Blaser Sabrina | 87 | Lyss | | 32:57 | +14:12 | 6:35 | 24320 | 3383. |
| 284. | Kaiser Ramona | 87 | Bonstetten | DTV Hedingen | 32:59 | +14:14 | 6:35 | 33213 | 3394. |
| 285. | Sarpong Sally | 86 | Trimbach | | 32:59 | +14:14 | 6:35 | 30424 | 3395. |
| 286. | Widmer Nicole | 85 | Starrkirch-Wil | | 33:00 | +14:15 | 6:36 | 24289 | 3400. |
| 287. | Frei Nicole | 88 | Breitenbach | | 33:00 | +14:15 | 6:36 | 27162 | 3402. |
| 288. | Egli Sabrina | 87 | Uetendorf | | 33:00 | +14:15 | 6:36 | 29043 | 3403. |
| 289. | Wälti Nadia | 89 | Vilters | | 33:02 | +14:17 | 6:36 | 33176 | 3412. |
| 290. | Schröder Sarah | 86 | Gipf-Oberfrick | | 33:06 | +14:21 | 6:37 | 27199 | 3433. |
| 291. | Zdravkovic Aleksandra | 86 | Bern | | 33:06 | +14:21 | 6:37 | 25476 | 3436. |
| 292. | Ramseier Anja | 89 | Tscheppach | | 33:10 | +14:25 | 6:38 | 31321 | 3458. |
| 293. | Schenk Daniela | 89 | Röschenz | | 33:10 | +14:25 | 6:38 | 32151 | 3460. |
| 294. | Hitz-Jakrlin Lara | 89 | Bern | | 33:13 | +14:28 | 6:38 | 24157 | 3480. |
| 295. | Margot Soizic | 88 | Saxon | | 33:14 | +14:29 | 6:38 | 32117 | 3488. |
| 296. | Oesch Stefanie | 88 | Biel/Bienne | | 33:18 | +14:33 | 6:39 | 28323 | 3510. |
| 297. | Cuevas Reyes Patricia | 85 | Cortailod | | 33:22 | +14:37 | 6:40 | 34288 | 3534. |
| 298. | Krebs Seraina | 85 | Roggwil BE | | 33:23 | +14:38 | 6:40 | 29141 | 3540. |
| 299. | Brändle Franziska | 85 | Bern | | 33:24 | +14:39 | 6:40 | 24084 | 3557. |
| 300. | Schönenberger Rebekka | 86 | Zürich | | 33:25 | +14:40 | 6:41 | 24254 | 3560. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|---------------------------|----|-------------------|-----------------------|--------------|--------|--------|---------|---------|
| 301. | Jaberg Christine | 85 | Lommiswil | | 33:29 | +14:44 | 6:41 | 33086 | 3575. |
| 302. | Meyer Denise | 86 | Eglisau | Schule Rafz | 33:30 | +14:45 | 6:42 | 32280 | 3591. |
| 303. | Vavros Jolanda | 88 | Münchenstein | | 33:36 | +14:51 | 6:43 | 25449 | 3622. |
| 304. | Kron Arlettaz Virginie | 85 | Vétroz | | 33:43 | +14:58 | 6:44 | 32109 | 3663. |
| 305. | Sarvari Aniko | 85 | Grosshöchstetten | | 33:51 | +15:06 | 6:46 | 31346 | 3698. |
| 306. | Senn-Handschuh Sandra | 88 | Hochdorf | | 33:52 | +15:07 | 6:46 | 32155 | 3706. |
| 307. | Spahr Marie-José | 89 | Schönbühl | | 33:52 | +15:07 | 6:46 | 26237 | 3710. |
| 308. | Von Gunten Monika | 86 | Moosseedorf | | 33:53 | +15:08 | 6:46 | 29181 | 3715. |
| 309. | Praplan Laetitia | 87 | Vétroz | | 33:55 | +15:10 | 6:47 | 28125 | 3721. |
| 310. | Dähler Regula | 87 | Kirchdorf BE | | 34:00 | +15:15 | 6:48 | 34052 | 3745. |
| 311. | Roduit Fabienne | 88 | Fully | | 34:02 | +15:17 | 6:48 | 33138 | 3756. |
| 312. | Michel Annina | 89 | Bern | | 34:03 | +15:18 | 6:48 | 30168 | 3764. |
| 313. | Baltisberger Tanja | 86 | Langenthal | | 34:03 | +15:18 | 6:48 | 32199 | 3770. |
| 314. | Frenzel Damaris | 88 | Oftringen | | 34:04 | +15:19 | 6:48 | 26337 | 3777. |
| 315. | Kausche Annemarie | 89 | Meiringen | | 34:07 | +15:22 | 6:49 | 25250 | 3784. |
| 316. | Marti Lara | 88 | Lyss | | 34:07 | +15:22 | 6:49 | 33109 | 3790. |
| 317. | Winkelmann Anna | 87 | Bern | | 34:08 | +15:23 | 6:49 | 33289 | 3793. |
| 318. | Kupfer Lara | 88 | Zürich | | 34:13 | +15:28 | 6:50 | 30134 | 3807. |
| 319. | Badertscher Martina | 88 | Lenzburg | | 34:13 | +15:28 | 6:50 | 30033 | 3808. |
| 320. | Stubner Martina | 86 | Köniz | | 34:14 | +15:29 | 6:50 | 32160 | 3815. |
| 321. | Thürler Sophie | 89 | Pâquier-Montbarry | | 34:22 | +15:37 | 6:52 | 28168 | 3843. |
| 322. | Benes Jessica | 89 | Lausen | | 34:22 | +15:37 | 6:52 | 30277 | 3845. |
| 323. | Zemp Nicole | 85 | Bannwil | Women's Hope Inter... | 34:26 | +15:41 | 6:53 | 32193 | 3861. |
| 324. | Murseli Albulena | 87 | Münchenbuchsee | Redcross- Team | 34:34 | +15:49 | 6:54 | 34179 | 3885. |
| 325. | Barreto de Albuquerque... | 89 | Bern | | 34:36 | +15:51 | 6:55 | 34021 | 3904. |
| 326. | Schorr Manuela | 85 | Brugg AG | | 34:37 | +15:52 | 6:55 | 22280 | 3908. |
| 327. | Hutflesz Ingrid | 88 | Bern | | 34:38 | +15:53 | 6:55 | 34117 | 3913. |
| 328. | Waldmann Céline | 89 | Bern | | 34:40 | +15:55 | 6:56 | 32176 | 3918. |
| 329. | Touray Tamara | 88 | Biel/Bienne | | 34:40 | +15:55 | 6:56 | 31398 | 3921. |
| 330. | Simonet Jael | 87 | Oberdiessbach | | 34:43 | +15:58 | 6:56 | 27122 | 3930. |
| 331. | Liechti Pascale | 87 | Lenk im Simmental | | 34:53 | +16:08 | 6:58 | 28271 | 3970. |
| 332. | Roth Tamara | 89 | Baden | | 34:53 | +16:08 | 6:58 | 28134 | 3974. |
| 333. | Scherzinger Marion | 88 | Gossau | | 34:59 | +16:14 | 6:59 | 28297 | 4003. |
| 334. | Trösch Alexandra | 89 | Lenzburg | | 35:03 | +16:18 | 7:00 | 30231 | 4020. |
| 335. | Schaal Catharina | 87 | Wabern | | 35:03 | +16:18 | 7:00 | 33147 | 4022. |
| 336. | Oberli Linda | 88 | Emmen | | 35:08 | +16:23 | 7:01 | 30174 | 4039. |
| 337. | Gerber Marina | 87 | Aarwangen | | 35:09 | +16:24 | 7:01 | 25205 | 4042. |
| 338. | Scholze Angelica | 85 | Bern | | 35:10 | +16:25 | 7:02 | 34414 | 4044. |
| 339. | Brönnimann Angela | 86 | Uttigen | SBK | 35:10 | +16:25 | 7:02 | 30054 | 4047. |
| 340. | Pelissier Agnese | 87 | Sierre | | 35:10 | +16:25 | 7:02 | 32134 | 4049. |
| 341. | Amez-Droz Agnès | 89 | Bevaix | | 35:11 | +16:26 | 7:02 | 32194 | 4054. |
| 342. | Finklenburg Meike | 88 | Bätterkinden | | 35:12 | +16:27 | 7:02 | 26327 | 4060. |
| 343. | Mäder Simone | 88 | Rosshäusern | | 35:12 | +16:27 | 7:02 | 24191 | 4061. |
| 344. | Lang Silvia | 87 | Ebikon | | 35:18 | +16:33 | 7:03 | 26178 | 4079. |
| 345. | Burkhard Isabel | 86 | Bern | | 35:18 | +16:33 | 7:03 | 34282 | 4082. |
| 346. | Mischler Nicole | 88 | Villnachern | | 35:21 | +16:36 | 7:04 | 31293 | 4093. |
| 347. | Schneeberger Corinne | 89 | Bern | | 35:23 | +16:38 | 7:04 | 31356 | 4100. |
| 348. | Studer Leonie | 88 | Oberhof | | 35:31 | +16:46 | 7:06 | 30229 | 4135. |
| 349. | Meyer Kathrin | 88 | Schliern b. Köniz | | 35:32 | +16:47 | 7:06 | 24199 | 4136. |
| 350. | Grabner Sandy | 89 | Bern | | 35:32 | +16:47 | 7:06 | 24138 | 4141. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|--------------------------|----|-------------------|----------------------|--------------|--------|--------|---------|---------|
| 351. | Jaggi Sabine | 86 | BernBern | | 35:34 | +16:49 | 7:06 | 33211 | 4148. |
| 352. | Liechti Tanja | 86 | Nidau | Spitex AareBielersee | 35:36 | +16:51 | 7:07 | 30142 | 4155. |
| 353. | Duc Jasmina | 88 | Chamoson | | 35:39 | +16:54 | 7:07 | 32059 | 4167. |
| 354. | Bitz Christelle | 87 | Courtelay | | 35:45 | +17:00 | 7:09 | 30287 | 4187. |
| 355. | Hopf Isabel | 86 | Zollikofen | | 35:55 | +17:10 | 7:11 | 31211 | 4230. |
| 356. | Conrad Claudia | 87 | Scharans | | 35:59 | +17:14 | 7:11 | 30313 | 4246. |
| 357. | Lamperti Anna | 85 | Baar | | 36:00 | +17:15 | 7:12 | 33224 | 4250. |
| 358. | Hilber Simone | 85 | St. Gallen | | 36:00 | +17:15 | 7:12 | 33208 | 4251. |
| 359. | Grandinetti Pamela | 89 | Ittigen | | 36:01 | +17:16 | 7:12 | 24355 | 4258. |
| 360. | Tschuppert Adina | 87 | Volketswil | | 36:07 | +17:22 | 7:13 | 26254 | 4272. |
| 361. | Jauner Fabienne | 88 | Langenthal | | 36:08 | +17:23 | 7:13 | 31227 | 4275. |
| 362. | Getachew Sara | 87 | Luzern | | 36:14 | +17:29 | 7:14 | 32019 | 4291. |
| 363. | Al Jadaan Sarah | 87 | Montreux | | 36:17 | +17:32 | 7:15 | 69138 | 4305. |
| 364. | Dubosson Pauline | 86 | Vevey | | 36:18 | +17:33 | 7:15 | 30076 | 4309. |
| 365. | Taschner Laureen | 88 | La Tour-de-Trême | | 36:23 | +17:38 | 7:16 | 11136 | 4330. |
| 366. | Bernardasci Camilla | 87 | Olten | | 36:33 | +17:48 | 7:18 | 32036 | 4357. |
| 367. | Morand Marie-Anne | 87 | Binningen | | 36:33 | +17:48 | 7:18 | 32124 | 4359. |
| 368. | Del Nostro Laura | 88 | Lausanne | | 36:36 | +17:51 | 7:19 | 32350 | 4363. |
| 369. | Oberli Cornelia | 89 | Wichtrach | | 36:40 | +17:55 | 7:20 | 31304 | 4376. |
| 370. | Baiocco Romina | 86 | Däniken SO | | 36:41 | +17:56 | 7:20 | 24054 | 4384. |
| 371. | García de Puglisi Isabel | 85 | Mühlethurnen | | 36:43 | +17:58 | 7:20 | 28065 | 4391. |
| 372. | Brugger Julie | 86 | Fribourg | | 36:45 | +18:00 | 7:21 | 26072 | 4401. |
| 373. | Bischof Perrine | 88 | Bern | | 36:46 | +18:01 | 7:21 | 24316 | 4404. |
| 374. | Reynolds Gabriela | 86 | Bern | Select one | 36:49 | +18:04 | 7:21 | 32295 | 4414. |
| 375. | Bin Tiziana | 87 | Bern | | 36:54 | +18:09 | 7:22 | 32345 | 4423. |
| 376. | Maire Sophie | 88 | St-Aubin-Sauges | | 36:54 | +18:09 | 7:22 | 32276 | 4425. |
| 377. | Chiocchia Virginia | 88 | Bern | | 36:55 | +18:10 | 7:23 | 69163 | 4428. |
| 378. | Mvondo Justine | 85 | Grenchen | | 36:57 | +18:12 | 7:23 | 29159 | 4435. |
| 379. | Friedrich Fabiola | 88 | Oberglatt ZH | | 36:58 | +18:13 | 7:23 | 32234 | 4439. |
| 380. | Imfeld Julia | 88 | Berne | | 37:00 | +18:15 | 7:24 | 31218 | 4449. |
| 381. | Koller Andrea | 85 | Bern | | 37:05 | +18:20 | 7:25 | 28259 | 4460. |
| 382. | Steiner Corinne | 85 | BernBern | | 37:06 | +18:21 | 7:25 | 34236 | 4464. |
| 383. | Ruchti Fabienne | 86 | Bern | | 37:07 | +18:22 | 7:25 | 34354 | 4465. |
| 384. | Herrli Carol | 85 | Lyss | EHC Post Bern Damen | 37:17 | +18:32 | 7:27 | 34105 | 4491. |
| 385. | Imboden Fabienne | 86 | Bern | | 37:21 | +18:36 | 7:28 | 33084 | 4504. |
| 386. | Werlen Bernadette | 86 | Bern | | 37:22 | +18:37 | 7:28 | 33277 | 4506. |
| 387. | Sindal Kinnari | 86 | Liebefeld | | 37:22 | +18:37 | 7:28 | 31373 | 4507. |
| 388. | Minder Regina | 89 | Langenthal | | 37:27 | +18:42 | 7:29 | 31291 | 4514. |
| 389. | Michel Susi | 86 | Grüsch | | 37:33 | +18:48 | 7:30 | 33116 | 4527. |
| 390. | Dürig Lisa Sophie | 89 | Starrkirch-Wil | | 37:35 | +18:50 | 7:31 | 33051 | 4530. |
| 391. | Bürgi Tamara | 85 | Rapperswil BE | | 37:37 | +18:52 | 7:31 | 32053 | 4532. |
| 392. | Peter Martina | 85 | Bern | Sportverein Köniz | 37:40 | +18:55 | 7:32 | 33129 | 4543. |
| 393. | Wenger Gaby | 88 | Gümmenen | | 37:49 | +19:04 | 7:33 | 34255 | 4557. |
| 394. | Tanner Kathrin | 85 | Kerzers | TSV Kerzers | 37:52 | +19:07 | 7:34 | 26459 | 4561. |
| 395. | Rosa Jenny | 86 | Kleinbödingen | | 37:52 | +19:07 | 7:34 | 26433 | 4563. |
| 396. | Nehrkorn Rebecca | 85 | Thun | | 37:56 | +19:11 | 7:35 | 33121 | 4569. |
| 397. | Matter Andrea | 88 | Bern | | 37:58 | +19:13 | 7:35 | 31277 | 4570. |
| 398. | Käser Rahel | 89 | Grenchen | | 38:04 | +19:19 | 7:36 | 34406 | 4583. |
| 399. | Rexha Ardiana | 89 | Ostermundigen | | 38:24 | +19:39 | 7:40 | 32293 | 4622. |
| 400. | Keller Maximilienne | 86 | Yverdon-les-Bains | | 38:25 | +19:40 | 7:41 | 31235 | 4623. |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|----------------------|----|-------------------|------------------------|--------------|--------|--------|---------|---------|
| 401. | Rüegsegger Tina | 85 | Winterthur | Rüegsegger Ruggisbe... | 38:40 | +19:55 | 7:44 | 13089 | 4646. |
| 402. | Gerber Alessandra | 86 | Bern | | 38:43 | +19:58 | 7:44 | 34087 | 4653. |
| 403. | Lemos Ana | 87 | Conthey | | 39:01 | +20:16 | 7:48 | 32111 | 4670. |
| 404. | Hyde Fabienne | 85 | Chêne-Bougeries | | 39:04 | +20:19 | 7:48 | 32098 | 4685. |
| 405. | Rothermann Michèle | 88 | Wattenwil | | 39:07 | +20:22 | 7:49 | 34353 | 4696. |
| 406. | von Haller Marianne | 87 | Basel | | 39:09 | +20:24 | 7:49 | 32174 | 4698. |
| 407. | Mermoud Catherine | 88 | Rueyres | | 39:13 | +20:28 | 7:50 | 33114 | 4706. |
| 408. | Fragale Caterina | 86 | Bösingen | | 39:17 | +20:32 | 7:51 | 34073 | 4711. |
| 409. | Vultier Janine | 86 | Bern | | 39:19 | +20:34 | 7:51 | 33274 | 4713. |
| 410. | Steiner Jsabelle | 89 | Alberswil | | 39:25 | +20:40 | 7:53 | 31385 | 4719. |
| 411. | Schiller Coraline | 86 | St-Oyens | | 39:38 | +20:53 | 7:55 | 34216 | 4733. |
| 412. | Zimmerli Tanja | 87 | Oberentfelden | | 39:39 | +20:54 | 7:55 | 30257 | 4734. |
| 413. | Aeschbacher Astrid | 89 | Bern | | 39:44 | +20:59 | 7:56 | 31050 | 4739. |
| 414. | Kustermann Katharina | 88 | Riggisberg | | 40:12 | +21:27 | 8:02 | 34141 | 4777. |
| 415. | Hirsbrunner Sara | 87 | Hedingen | | 40:26 | +21:41 | 8:05 | 33079 | 4792. |
| 416. | Castro Bea | 87 | Jegenstorf | | 40:31 | +21:46 | 8:06 | 28043 | 4795. |
| 417. | Hofer Ramona | 88 | Aarwangen | | 40:43 | +21:58 | 8:08 | 34110 | 4808. |
| 418. | Knörr Amanda | 86 | Nennigkofen | | 41:26 | +22:41 | 8:17 | 34126 | 4837. |
| 419. | Araujo Carla | 86 | Yverdon-les-Bains | | 42:04 | +23:19 | 8:24 | 69193 | 4859. |
| 420. | Bützberger Lea | 86 | Steffisburg | | 42:45 | +24:00 | 8:33 | 33035 | 4874. |
| 421. | Aeberli Carmen | 88 | Zürich | | 42:46 | +24:01 | 8:33 | 34010 | 4875. |
| 422. | Bauer Sabine | 89 | Wettingen | | 43:20 | +24:35 | 8:40 | 34397 | 4885. |
| 423. | Schuler Evelyn | 88 | Bassersdorf | | 45:17 | +26:32 | 9:03 | 32375 | 4924. |
| 424. | Marti Yolanda | 86 | Courtaman | | 45:20 | +26:35 | 9:04 | 69105 | 4926. |

DNS

| | | | | |
|---------------------|----|---------------|----------------------|-------|
| Tresch Martina | 89 | Rüti | GGBern | 26 |
| Iten Salome | 87 | Zürich | | 3093 |
| De Pietro Josefin | 85 | Bern | | 21042 |
| Krebs Rebecca | 89 | Oberbalm | | 21090 |
| Guillet Carole | 89 | Oberlunkhofen | | 21237 |
| Kunz Seraina | 87 | Wilten b. Wil | | 22008 |
| Manser Ladina | 85 | Nidau | | 22412 |
| Müller Noémie | 89 | Basel | | 23238 |
| Wey Fabienne | 89 | Schafisheim | | 23296 |
| Szarvas Susanne | 86 | Bern | | 23455 |
| Blum Simone | 86 | Mörschwil | | 24079 |
| Gonçalves Tatiana | 88 | Bern | | 24136 |
| Klester Anna | 89 | St. Gallen | | 24179 |
| Saha Sivan | 89 | Studen BE | | 24438 |
| Seemann Diana | 85 | Uster | Laufftreff Limmattal | 24485 |
| Dillier Nora | 85 | Thun | | 25158 |
| Lienert Julia | 88 | Sargans | | 25286 |
| Schulthess Stefanie | 87 | Otelfingen | | 25399 |
| Segger Rebekka | 87 | Bern | | 25405 |
| Bigler Marlen | 85 | Wabern | FDP Frauen | 26064 |
| Bilali Minimoy | 88 | Vernier | | 26065 |
| Solèr Sabrina | 85 | Münchenstein | | 26234 |
| Fischer Franziska | 86 | Zürich | | 26329 |
| Egger Carmen | 87 | Adliswil | | 27044 |

33. Schweizer Frauenlauf Bern 2019

résultats

5km Running Frauen W30

| rang | nom et prénom | an | lieu | club | temps | écart | min/km | dossard | overall |
|------|---------------------|----|---------------|------|-------|-------|--------|---------|---------|
| DNS | | | | | | | | | |
| | Montag Kim | 85 | Zürich | | | | | 27187 | |
| | Gurtner Andrea | 88 | Zollikofen | | | | | 28078 | |
| | Stieger Nadine | 88 | Gachnang | | | | | 28304 | |
| | Faivre Jade | 86 | Murten | | | | | 30084 | |
| | Macedonio Gessica | 88 | Bellach | | | | | 30153 | |
| | Marchese Carolina | 86 | Frick | | | | | 30155 | |
| | Bremasuthan Daniela | 89 | Oberägeri | | | | | 31092 | |
| | Glück Nora | 89 | Thun | | | | | 31170 | |
| | Janett Bianca | 87 | Schiers | | | | | 31226 | |
| | Bachmann Stefanie | 89 | Ittigen | | | | | 32029 | |
| | Lambrechts Emilie | 86 | Lausanne | | | | | 32110 | |
| | Startnummer 32118 | - | Worben | | | | | 32118 | |
| | Meier Anja | 87 | Beggingen | | | | | 32277 | |
| | Schaffner Andrea | 86 | Zug | | | | | 33016 | |
| | Koller Nadin | 88 | Seengen | | | | | 34128 | |
| | Schelbert Maja | 88 | Bremgarten AG | | | | | 34213 | |
| | Nufer Nicole | 88 | Rain | | | | | 34342 | |

#465 participants