# Forchlauf 2023

Ergebnisse

## 21.1 Kilometer Senioren M30

| Rang | Name | Jg | Ort | Zeit | Abstand | min/km | Startnr | Gesamtran |
|---|---|---|---|---|---|---|---|---|
| 1. | Lance Lukas | 91 | Zürich | **1:20:06** | -- | 3:47 | 1337 | 2. |
| 2. | Wicki Michael | 89 | Zürich | **1:26:58** | +6:52 | 4:07 | 1677 | 12. |
| 3. | Näger Robert | 92 | Winterthur | **1:29:22** | +9:16 | 4:14 | 1428 | 15. |
| 4. | Galarreta Antonio | 91 | Zürich | **1:29:37** | +9:31 | 4:14 | 1190 | 16. |
| 5. | Bissig Lukas | 89 | Luzern | **1:29:55** | +9:49 | 4:15 | 1058 | 17. |
| 6. | Meister Julian | 91 | Zürich | **1:30:22** | +10:16 | 4:16 | 1393 | 18. |
| 7. | Kinsbrook Matthew | 93 | Zurich | **1:30:26** | +10:20 | 4:17 | 1746 | 19. |
| 8. | Singleton Matthew | 91 | Zürich | **1:30:50** | +10:44 | 4:18 | 1571 | 21. |
| 9. | Venzi Marco | 92 | Winterthur | **1:31:05** | +10:59 | 4:18 | 1642 | 23. |
| 10. | Trujic Milos | 92 | Zurich | **1:31:47** | +11:41 | 4:20 | 1624 | 25. |
| 11. | Gerchow Lars | 89 | Zürich | **1:32:40** | +12:34 | 4:23 | 1202 | 29. |
| 12. | Vogel Michael | 93 | Alpnach Dorf | **1:35:54** | +15:48 | 4:32 | 1651 | 40. |
| 13. | Oprea Victor Andrei | 92 | Zurich | **1:37:53** | +17:47 | 4:38 | 1444 | 48. |
| 14. | Paulus Max | 93 | Zurich | **1:39:27** | +19:21 | 4:42 | 1458 | 57. |
| 15. | Marsh Conor | 91 | Zürich | **1:39:42** | +19:36 | 4:43 | 1381 | 59. |
| 16. | Fontana Gabriele | 92 | Zürich | **1:41:24** | +21:18 | 4:48 | 1178 | 66. |
| 17. | Reisach Dominik | 92 | Zürich | **1:42:05** | +21:59 | 4:50 | 1484 | 70. |
| 18. | Grossenbacher Frank | 90 | Zürich | **1:43:12** | +23:06 | 4:53 | 1223 | 73. |
| 19. | Nuijten Guido | 89 | Zürich | **1:43:43** | +23:37 | 4:54 | 1437 | 76. |
| 20. | Hüsser Bastian | 92 | Wohlen AG | **1:44:07** | +24:01 | 4:56 | 1288 | 83. |
| 21. | Alt Luca | 91 | Meilen | **1:44:30** | +24:24 | 4:57 | 1012 | 86. |
| 22. | Norris Graham | 93 | Zürich | **1:45:20** | +25:14 | 4:59 | 1436 | 96. |
| 23. | Griffioen Simon | 93 | Zürich | **1:46:09** | +26:03 | 5:01 | 1725 | 99. |
| 24. | Cusack Martin | 90 | Zürich | **1:46:35** | +26:29 | 5:03 | 1117 | 102. |
| 25. | Vigo Carlos | 90 | Zürich | **1:46:56** | +26:50 | 5:04 | 1645 | 104. |
| 26. | Paynter Haydn | 90 | Zürich | **1:48:38** | +28:32 | 5:08 | 1461 | 114. |
| 27. | Tango Charlie | 89 | Zurich | **1:51:47** | +31:41 | 5:17 | 1609 | 126. |
| 28. | Pawel Samuel | 93 | Zürich | **1:51:57** | +31:51 | 5:18 | 1460 | 132. |
| 29. | Chrysogelos Nikos | 90 | Zurich | **1:52:36** | +32:30 | 5:20 | 1107 | 142. |
| 30. | Ganz Bjorn | 90 | Zürich | **1:53:01** | +32:55 | 5:21 | 1193 | 148. |
| 31. | Büchel Beda | 91 | Zürich | **1:54:07** | +34:01 | 5:24 | 1079 | 154. |
| 32. | Spanninger Thomas | 93 | Zürich | **1:55:05** | +34:59 | 5:27 | 1579 | 160. |
| 33. | Legner Markus | 89 | Zürich | **1:58:07** | +38:01 | 5:35 | 1342 | 177. |
| 34. | Simmler Patrik | 90 | Zürich | **1:58:11** | +38:05 | 5:36 | 1570 | 179. |
| 35. | Grazioli Marco | 90 | Zürich | **2:01:54** | +41:48 | 5:46 | 1217 | 196. |
| 36. | Götz Pascal | 90 | Pfäffikon ZH | **2:07:05** | +46:59 | 6:01 | 1213 | 210. |
| 37. | Kapsalidis Filippos | 90 | Zürich | **2:09:02** | +48:56 | 6:06 | 1309 | 216. |
| 38. | Vlachos Vaios | 92 | Zürich | **2:09:18** | +49:12 | 6:07 | 1649 | 217. |
| 39. | Schaniel Ronnie | 91 | Zürich | **2:09:37** | +49:31 | 6:08 | 1529 | 218. |
| 40. | Frei Cyril | 92 | Zürich | **2:15:09** | +55:03 | 6:24 | 1182 | 231. |

#40 Teilnehmende