

# Rock'n'Run Bern 2019

results

## Runner Cross Team (vor WOD)

Team-Rang	name	job	city	time	racenu
<b>1. City Circle Elite (15)</b>					
1.	Senti Michi	1989	Biberist	<b>1:06:45</b>	212
1.	Bisig Michela	1990	Biberist	<b>1:05:26</b>	209
4.	Leisi Julia	1989	Lüsslingen	<b>1:13:28</b>	211
9.	Crivelli Andrea	1975	Grenchen	<b>1:21:30</b>	210
<b>1. Kenias allerletzte Reserve (15)</b>					
3.	Müller Sabrina	1991	Sursee	<b>1:12:59</b>	232
3.	Dorizzi Dario	1991	Ohmstal	<b>1:08:11</b>	229
4.	Käch Matheo	1993	Dagmersellen	<b>1:10:14</b>	230
5.	Käch Noah	1997	Dagmersellen	<b>1:10:14</b>	231
<b>3. ZULU runners (22)</b>					
2.	Wipfli Manuel	1991	Luzern	<b>1:07:48</b>	341
2.	Spanier Vanessa	1998	Geuensee	<b>1:09:42</b>	340
6.	Egli Thomas	1991	Schötz	<b>1:12:57</b>	338
12.	Rea Leandro	1998	Sursee	<b>1:17:34</b>	339
<b>4. Lionsoul OCR III (32)</b>					
5.	Göldi Dana	1997	Gachnang	<b>1:14:57</b>	241
8.	Strässle Marc	1989	Felben-Wellhausen	<b>1:14:56</b>	244
9.	Rüeger Etienne	1990	Felben-Wellhausen	<b>1:14:58</b>	242
10.	Specker Joel	1989	Felben-Wellhausen	<b>1:14:58</b>	243
<b>5. Xpulse (52)</b>					
7.	Berra Michael	1993	Champéry	<b>1:13:32</b>	327
8.	Cid Fabienne	1990	Champéry	<b>1:21:22</b>	328
13.	Sagi Gael	1991	Champéry	<b>1:18:29</b>	329
24.	Berra Marion	1990	Champéry	<b>1:39:10</b>	326
<b>6. CrossFit Triplex 1.0 (57)</b>					
10.	Andres Rafaela	1990	Spiez	<b>1:21:43</b>	301
15.	Weibel Adrian	1988	Thun	<b>1:21:43</b>	303
16.	Porfido Gianluca	1992	Thun	<b>1:21:43</b>	355
16.	Catalano Sacha	1986	Uetendorf	<b>1:21:43</b>	302
<b>7. Rope-Runner (64)</b>					
11.	Gertsch Linda	1994	Bern	<b>1:24:36</b>	257
12.	Gatschet Bianca	1997	Ins	<b>1:24:36</b>	256
20.	Würsten Michael	1980	Gerzensee	<b>1:24:36</b>	258
21.	Diethelm Remo	1980	Zollikofen	<b>1:24:38</b>	255
<b>8. XPulse gladiator (70)</b>					
7.	Friedel Cécile	1982	Champéry	<b>1:19:21</b>	331
18.	Bögli Jérôme	1986	Champéry	<b>1:23:30</b>	330
19.	Zofra Julien	1988	Champéry	<b>1:23:34</b>	333
26.	Gex Leticia	1995	Champéry	<b>1:39:14</b>	332

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<b>9. Bad Decisions Barbell Club (75)</b>					
6.	Studer Kerstin	1991	Kriens	<b>1:17:00</b>	203
22.	Wyrsch Patrik	1990	Kriens	<b>1:27:35</b>	202
23.	Marti Lukas	1990	Kriens	<b>1:27:35</b>	201
24.	Unternährer Lukas	1994	Kriens	<b>1:27:36</b>	204
<b>10. Summers High (91)</b>					
13.	Liniger Vera	1992	Bern	<b>1:27:37</b>	315
25.	Liniger Mario	1993	Bern	<b>1:27:37</b>	314
26.	Friedli Samuel	1983	Kirchberg	<b>1:27:38</b>	312
27.	Hofer Manuel	1982	Bern	<b>1:27:52</b>	313
<b>11. squirrel (92)</b>					
15.	Staepli Delphine	1981	Romont FR	<b>1:30:35</b>	311
16.	Monney Corinne	1973	Romont FR	<b>1:30:35</b>	309
30.	Schudy Paul	1996	Jougne	<b>1:30:34</b>	310
31.	Maimone Matt	1996	Romont FR	<b>1:30:34</b>	308
<b>12. CrossFit Thun 01 (120)</b>					
18.	Lüthi Tanja	1989	Thun	<b>1:33:13</b>	219
33.	Pauli Fabian	1988	Thun	<b>1:33:13</b>	220
34.	Bayer Georg	1988	Brienz BE	<b>1:33:13</b>	217
35.	Lüthi Raphael	1986	Thun	<b>1:33:13</b>	218
<b>13. Team noirblanc (121)</b>					
17.	Ghirlanda Alyssa	1993	Fribourg	<b>1:32:48</b>	317
25.	Pasquier Catia	1983	Corpataux-Magneden	<b>1:39:14</b>	318
32.	Pasquier Nicolas	1980	Corpataux-Magneden	<b>1:32:48</b>	319
47.	Cordeiro José	1982	Bulle	<b>1:39:17</b>	316
<b>14. Rocket crew (122)</b>					
20.	Nicolet Lise	1993	Fribourg	<b>1:35:40</b>	253
21.	Clerc Monica	1981	Bösingen	<b>1:35:44</b>	251
40.	Meister Gaël	1993	Chavannes-Forts	<b>1:35:29</b>	252
41.	Semedo Wilson	1993	Estavayer-le-Lac	<b>1:35:43</b>	254
<b>15. Pouloulou (128)</b>					
14.	Berset Sébastien	1989	St-Sulpice VD	<b>1:19:20</b>	304
31.	Vigna Anaïck	1991	Pully	<b>1:42:40</b>	307
35.	Luca Jasmine	1988	Lausanne	<b>1:46:09</b>	305
48.	Mendes Daniel	1989	Crissier	<b>1:39:27</b>	306
<b>16. XPulse warrior (131)</b>					
11.	Texeira Stéfane	1990	Champéry	<b>1:16:42</b>	337
33.	Moulin Manuela	1976	Champéry	<b>1:43:42</b>	334
34.	Schlaeppli Marion	1989	Champéry	<b>1:43:56</b>	336
53.	Schlaeppli Daniel	1976	Champéry	<b>1:43:23</b>	335

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<b>17. Fortemente (132)</b>					
27.	Spreng Seraina	1993	Bern	<b>1:39:42</b>	227
29.	Hrancíková Petra	1992	Bern	<b>1:41:24</b>	225
30.	Wälchli Susanne	1974	Bern	<b>1:41:32</b>	228
46.	Kappel Sven	1984	Bern	<b>1:38:56</b>	226
<b>18. Lionsoul OCR II (133)</b>					
19.	Knezic Martina	1998	Winterthur	<b>1:34:06</b>	238
37.	Wahli Marc	1974	Frauenfeld	<b>1:34:06</b>	239
38.	Jashari Flamur	1987	Frauenfeld	<b>1:34:07</b>	237
39.	Zeller Philipp	1970	Gachnang	<b>1:34:07</b>	240
<b>19. Les Ravis Au Lit (145)</b>					
23.	Myter Lara	2000	Vétroz	<b>1:38:53</b>	235
28.	Roh Amandine	1999	Erde	<b>1:39:52</b>	236
45.	Ghaderi Payms	1987	Sion	<b>1:38:40</b>	233
49.	Joray Frédéric	1975	Grimisuat	<b>1:39:52</b>	234
<b>20. Cindy takes our breath away (151)</b>					
22.	Kaufmann Cindy	1990	Kappelen	<b>1:36:19</b>	206
42.	Gay Max	1984	Zürich	<b>1:36:18</b>	205
43.	Ponce Carlos	1981	Bern	<b>1:36:19</b>	207
44.	Silva Fred	1987	Bolligen	<b>1:36:19</b>	208
<b>21. City Circle Solothurn (171)</b>					
37.	Laubscher Sue	1986	Solothurn	<b>1:47:34</b>	213
38.	Schenk Nathalie	1993	Wangen an der Aare	<b>1:47:34</b>	215
39.	Ritter Jeday	1986	Solothurn	<b>1:47:34</b>	214
57.	Schmutz Jona	1991	Wangen an der Aare	<b>1:47:34</b>	216
<b>22. The Rockys (185)</b>					
32.	Ogi Sabrina	1989	Thun	<b>1:42:43</b>	424
50.	Schultheiss Ivo	1992	Wattenwil	<b>1:42:43</b>	324
51.	Holliger Michael	1986	Gunten	<b>1:42:43</b>	323
52.	Sobral Alejandro	1984	Steffisburg	<b>1:42:43</b>	325
<b>23. The barbell squad (198)</b>					
40.	Theytaz Emilie	1988	Sion	<b>1:50:06</b>	321
41.	Imstepf Maroussia	1987	Ayent	<b>1:50:06</b>	259
58.	Muller Vincent	1976	St-Séverin	<b>1:50:06</b>	320
59.	Werlen Tanya	1986	Sierre	<b>1:50:06</b>	322
<b>24. Murph n' Turf (201)</b>					
36.	Ogi Olivia	1996	Thun	<b>1:46:12</b>	246
54.	Wittwer Tim	1995	Krattigen	<b>1:46:11</b>	248
55.	Johner Dominik	1985	Steffisburg	<b>1:46:11</b>	245
56.	Willen Pascal	1993	Adelboden	<b>1:46:12</b>	247

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### n.k. Cindy takes our breath away

	Forster Sara	1991	Ottoberg		260
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### n.k. CrossFit Triplex

<b>14.</b>	Colijn Valerie	1997	Aeschi b. Spiez	<b>1:29:00</b>	221
<b>28.</b>	Ernst Marvin	1994	Wimmis	<b>1:29:00</b>	222
<b>29.</b>	Hadorn Andre	1992	Uetendorf	<b>1:29:00</b>	223
	Wenger Joel	1994	Thun		224

### n.k. New Legacy Aarau

<b>36.</b>	Dupertuis Yves	1997	Kölliken	<b>1:33:56</b>	249
	Gamper Davide	2001	Kölliken		250

#103 participants