

# Rock'n'Run Bern 2019

résultats

## Runner Cross Team (vor WOD)

| Team-Rang                                 | nom              | an   | lieu              | temps          | dossar |
|-------------------------------------------|------------------|------|-------------------|----------------|--------|
| <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    |
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| 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>               |                  |      |                   |                |        |
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| 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    |
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| 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    |
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| 7.                                        | Friedel Cécile   | 1982 | Champéry          | <b>1:19:21</b> | 331    |
| 18.                                       | Bögli Jérôme     | 1986 | Champéry          | <b>1:23:30</b> | 330    |
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| 26.                                       | Gex Leticia      | 1995 | Champéry          | <b>1:39:14</b> | 332    |

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

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

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

|  |              |      |          |  |     |
|--|--------------|------|----------|--|-----|
|  | Forster Sara | 1991 | Ottoberg |  | 260 |
|--|--------------|------|----------|--|-----|

### 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