

Steinhölzlilaufl 2019

Ergebnisse

Overall Kurzstrecke Männer

| Rang | Nachname Vorname | Jg | Ort | Verein | Zeit | Abstand | min/km | Startnr | Startrunde | Runde1 | Runde2 | Altersklasse |
|------|--------------------------|----|-------------------|---------------------|--------------|---------|--------|---------|------------|--------|--------|--------------|
| 1. | Leu Christian | 94 | Orvin | TV Aarberg | 18:37 | | 3:26 | 425 | 1:14 | 5:20 | 12:02 | H1: 1. |
| 2. | Rhyner Daniel | 84 | Thun | All Blacks | 19:03 | +25 | 3:31 | 122 | 1:16 | 5:20 | 12:25 | H1: 2. |
| 3. | Felder Alain | 88 | Bern | LCA Bern | 19:08 | +31 | 3:32 | 1087 | 1:19 | 5:26 | 12:23 | H1: 3. |
| 4. | Wanner Christoph | 81 | Liebefeld | | 19:39 | +1:01 | 3:38 | 1077 | 1:17 | 5:23 | 12:58 | H1: 4. |
| 5. | Guillén Garcia Jean Paul | 78 | Urtenen-Schönbühl | Luxor Sport Club | 19:42 | +1:05 | 3:38 | 1260 | 1:19 | 5:38 | 12:44 | H1: 5. |
| 6. | Mascarenhas Manuel | 83 | Cascais | AM Atibá | 19:48 | +1:11 | 3:40 | 445 | 1:16 | 5:43 | 12:47 | H1: 6. |
| 7. | Rouiller Nicolas | 87 | Thörishaus | | 19:52 | +1:14 | 3:40 | 1256 | 1:18 | 5:38 | 12:55 | H1: 7. |
| 8. | Hopf Gabriel | 87 | Bellmund | Team Mizuno Schweiz | 19:53 | +1:15 | 3:40 | 6 | 1:23 | 5:49 | 12:39 | H1: 8. |
| 9. | G. Blanch Javier | 78 | Rüfenacht BE | Gerbersport | 20:11 | +1:34 | 3:44 | 300 | 1:14 | 5:42 | 13:14 | H1: 9. |
| 10. | Arni Nils | 01 | Stettlen | Gerbersport | 20:11 | +1:34 | 3:44 | 170 | 1:16 | 5:42 | 13:13 | H1: 10. |
| 11. | Münger Florian | 05 | Wohlen b. Bern | FC Goldstern | 20:16 | +1:38 | 3:45 | 1090 | 1:19 | 5:38 | 13:18 | S3: 1. |
| 12. | Grütter Andreas | 75 | Bern | 3athlon Bern | 20:17 | +1:39 | 3:45 | 1244 | 1:16 | 5:45 | 13:14 | H1: 11. |
| 13. | Castrischer Adrian | 90 | Bern | Bärner Bärgloufcup | 20:22 | +1:45 | 3:46 | 101 | 1:20 | 5:43 | 13:18 | H1: 12. |
| 14. | de Roche Rafael | 76 | Steffisburg | | 20:41 | +2:04 | 3:49 | 103 | 1:25 | 5:48 | 13:26 | H1: 13. |
| 15. | Abplanalp Ädu | 82 | Freimettigen | Volley Muristalden | 20:43 | +2:06 | 3:50 | 150 | 1:22 | 6:01 | 13:19 | H1: 14. |
| 16. | Spreiter Patric | 79 | Bauma | Giant Tösstal | 20:53 | +2:16 | 3:52 | 132 | 1:18 | 5:52 | 13:42 | H1: 15. |
| 17. | Portmann Peter | 82 | Bern | 4feet | 20:58 | +2:21 | 3:53 | 120 | 1:24 | 5:58 | 13:35 | H1: 16. |
| 18. | Genna Gian Sandro | 81 | Muri b. Bern | Laufteam Thun | 21:05 | +2:28 | 3:54 | 111 | 1:26 | 6:00 | 13:39 | H1: 17. |
| 19. | von Vivis Raphael | 76 | Murten | AC Murten | 21:15 | +2:38 | 3:56 | 1131 | 1:25 | 5:56 | 13:53 | H1: 18. |
| 20. | Crugnola Linus | 01 | Worb | | 21:18 | +2:40 | 3:56 | 1013 | 1:25 | 6:11 | 13:40 | H1: 19. |
| 21. | Abel Janosch | 86 | Bern | DUSK Racing Team | 21:42 | +3:05 | 4:01 | 149 | 1:24 | 6:04 | 14:14 | H1: 20. |
| 22. | Wyss Stephan | 05 | Langenthal | LV Langenthal | 21:49 | +3:11 | 4:02 | 1083 | 1:23 | 6:09 | 14:16 | S3: 2. |
| 23. | von Känel Robin | 98 | Bern | | 21:49 | +3:12 | 4:02 | 640 | 1:34 | 6:23 | 13:51 | H1: 21. |
| 24. | Moeckli Mischa | 72 | Belp | | 21:52 | +3:14 | 4:02 | 462 | 1:33 | 6:20 | 13:57 | H1: 22. |
| 25. | Stettler Marco | 83 | Uettligen | | 22:10 | +3:33 | 4:06 | 134 | 1:24 | 6:19 | 14:26 | H1: 23. |
| 26. | Job Martin | 64 | Tann | Lauferei.CH | 22:17 | +3:40 | 4:07 | 115 | 1:36 | 6:21 | 14:19 | H2: 1. |
| 27. | Münger Roland | 70 | Wohlen b. Bern | TV Wohlen | 22:23 | +3:46 | 4:08 | 1091 | 1:25 | 6:23 | 14:35 | H1: 24. |
| 28. | Ly Fabian | 07 | Münsingen | | 22:46 | +4:09 | 4:13 | 437 | 1:27 | 6:33 | 14:46 | S3: 3. |
| 29. | Ulrich Josef | 65 | Luzern | | 22:57 | +4:20 | 4:15 | 1251 | 1:29 | 6:26 | 15:02 | H2: 2. |
| 30. | Schafer Oliver | 82 | Ittigen | | 23:07 | +4:30 | 4:16 | 126 | 1:35 | 6:36 | 14:54 | H1: 25. |

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|------|-----------------------|----|--------------------|-------------------------|--------------|---------|--------|---------|------------|--------|--------|--------------|
| 31. | Weissmüller Markus | 60 | Neuenegg | | 23:19 | +4:42 | 4:19 | 651 | 1:28 | 6:34 | 15:16 | H2: 3. |
| 32. | Burkhalter Matthias | 88 | Niederwangen BE | | 23:34 | +4:57 | 4:21 | 231 | 1:29 | 6:20 | 15:44 | H1: 26. |
| 33. | Afonso Silva | 64 | Peseux | | 23:54 | +5:17 | 4:25 | 159 | 1:41 | 6:49 | 15:23 | H2: 4. |
| 34. | Hinnen Mark | 78 | Bern | | 24:01 | +5:23 | 4:26 | 338 | 1:42 | 6:53 | 15:25 | H1: 27. |
| 35. | Kieliger Matthias | 72 | Rheinau | | 24:11 | +5:34 | 4:28 | 394 | 1:36 | 7:00 | 15:33 | H1: 28. |
| 36. | Ambühl Julian | 06 | Ostermundigen | | 24:13 | +5:36 | 4:29 | 166 | 1:32 | 6:43 | 15:58 | S3: 4. |
| 37. | Schroeder Bernd | 66 | Zürich | ASVZ, cityrunning.ch | 24:35 | +5:57 | 4:33 | 127 | 1:45 | 6:59 | 15:49 | H2: 5. |
| 38. | Schürch Mathias | 87 | Steffisburg | | 24:38 | +6:00 | 4:33 | 582 | 1:48 | 7:14 | 15:35 | H1: 29. |
| 39. | Hess Mitga Lino | 03 | Ins | | 24:38 | +6:01 | 4:33 | 1128 | 1:31 | 7:02 | 16:04 | S3: 5. |
| 40. | Leutwyler Stefan | 71 | Ins | | 24:42 | +6:04 | 4:34 | 1130 | 1:38 | 7:04 | 15:59 | H1: 30. |
| 41. | Schenker Toni | 56 | Däniken SO | | 24:57 | +6:20 | 4:37 | 547 | 1:39 | 7:12 | 16:05 | H2: 6. |
| 42. | Urwyler Maurin | 05 | Bern | | 25:11 | +6:34 | 4:39 | 1129 | 1:34 | 6:59 | 16:37 | S3: 6. |
| 43. | Burgschweiger Carsten | 79 | Laupen BE | | 25:25 | +6:48 | 4:42 | 1899 | 1:42 | 7:04 | 16:38 | H1: 31. |
| 44. | Winklehner Thomas | 74 | Bremgarten b. Bern | Wolverine | 25:51 | +7:14 | 4:47 | 1126 | 1:39 | 7:12 | 16:59 | H1: 32. |
| 45. | Schäkel Nils | 08 | Lützelflüh | TV Lützelflüh Athletics | 26:00 | +7:23 | 4:48 | 539 | 1:40 | 7:10 | 17:09 | S3: 7. |
| 46. | Oesterling Matti | 09 | Gümligen | Gerbersport | 26:06 | +7:29 | 4:50 | 487 | 1:43 | 7:16 | 17:07 | S3: 8. |
| 47. | Hess Lias | 01 | Ins | | 26:08 | +7:30 | 4:50 | 1032 | 1:53 | 7:26 | 16:48 | H1: 33. |
| 48. | Schneider Rémi | 86 | Bern | | 26:09 | +7:32 | 4:50 | 570 | 1:46 | 7:32 | 16:50 | H1: 34. |
| 49. | Silva Manuel | 66 | Peseux | | 26:15 | +7:38 | 4:51 | 1246 | 1:46 | 7:30 | 16:58 | H2: 7. |
| 50. | Eichenberger Patrik | 75 | Bern | | 27:03 | +8:25 | 5:00 | 1018 | 1:50 | 7:44 | 17:28 | H1: 35. |
| 51. | Bernasconi Albano | 72 | Bern | Cyclists-Club Bern | 28:06 | +9:29 | 5:12 | 192 | 1:47 | 7:50 | 18:28 | H1: 36. |
| 52. | Greb Jörg | 62 | Aarau | | 28:26 | +9:48 | 5:15 | 1231 | 1:46 | 8:15 | 18:24 | H2: 8. |
| 53. | Mauerhofer Beat | 66 | Neuenegg | | 28:30 | +9:53 | 5:16 | 446 | 1:46 | 8:06 | 18:37 | H2: 9. |
| 54. | Sutter Florian | 82 | Konolfingen | | 28:40 | +10:03 | 5:18 | 617 | 1:45 | 8:01 | 18:53 | H1: 37. |
| 55. | Cescutti Joel | 05 | Zäziwil | | 29:05 | +10:27 | 5:23 | 244 | 1:39 | 7:08 | 20:17 | S3: 9. |
| 56. | Spycher Andreas | 74 | Wiler b. Seedorf | | 29:12 | +10:34 | 5:24 | 1127 | 1:52 | 8:24 | 18:55 | H1: 38. |
| 57. | Giroud Philippe | 80 | Bern | | 29:15 | +10:37 | 5:25 | 312 | 2:01 | 8:24 | 18:48 | H1: 39. |
| 58. | Schönholzer Fabian | 07 | Ittigen | | 29:16 | +10:38 | 5:25 | 1124 | 1:46 | 8:07 | 19:21 | S3: 10. |
| 59. | Schöni Adrian | 78 | Schliern b. Köniz | | 29:25 | +10:48 | 5:26 | 1241 | 1:52 | 8:34 | 18:58 | H1: 40. |
| 60. | Isler Konrad | 67 | Rickenbach b. Wil | | 29:49 | +11:12 | 5:31 | 372 | 1:46 | 8:15 | 19:47 | H2: 10. |

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| Rang | Nachname Vorname | Jg | Ort | Verein | Zeit | Abstand | min/km | Startnr | Startrunde | Runde1 | Runde2 | Altersklasse |
|------|------------------------|----|--------------------|--------------------------------------|--------------|---------|--------|---------|------------|--------|--------|--------------|
| 61. | Loretan Pascal | 89 | Alterswil FR | | 29:51 | +11:14 | 5:31 | 431 | 2:06 | 8:22 | 19:21 | H1: 41. |
| 62. | Ferreira José | 81 | Brügg | | 30:10 | +11:32 | 5:35 | 109 | 2:07 | 8:29 | 19:33 | H1: 42. |
| 63. | Rüegg Stefan | 67 | Lyss | | 30:19 | +11:42 | 5:36 | 529 | 2:04 | 8:33 | 19:42 | H2: 11. |
| 64. | Gerwer Armin | 47 | Münchenbuchsee | smrun | 30:28 | +11:51 | 5:38 | 1024 | 2:08 | 8:34 | 19:45 | H2: 12. |
| 65. | Augstburger Kurt | 71 | Beromünster | | 30:50 | +12:13 | 5:42 | 171 | 1:59 | 8:28 | 20:23 | H1: 43. |
| 66. | Kessler Arvo | 95 | Schwarzenburg | Stiftung Bernaville | 31:11 | +12:33 | 5:46 | 393 | 2:08 | 8:54 | 20:08 | H1: 44. |
| 67. | Bigler Urs | 60 | Rüdtligen | | 31:33 | +12:56 | 5:50 | 1248 | 2:01 | 8:45 | 20:47 | H2: 13. |
| 68. | Egli Martin | 78 | Schwarzenburg | Stiftung Bernaville | 31:41 | +13:04 | 5:52 | 261 | 2:04 | 8:55 | 20:41 | H1: 45. |
| 69. | Bigler Reto | 83 | Schwarzenburg | Stiftung Bernaville | 31:42 | +13:04 | 5:52 | 202 | 2:05 | 8:55 | 20:41 | H1: 46. |
| 70. | Wälty Patrick | 67 | Zürich | freizeitsportler.ch / cityrunning.ch | 31:45 | +13:08 | 5:52 | 136 | 2:09 | 9:00 | 20:35 | H2: 14. |
| 71. | Dänzer Marc | 88 | Münsingen | | 31:54 | +13:16 | 5:54 | 252 | 1:44 | 9:02 | 21:07 | H1: 47. |
| 72. | Scherz Stephan | 78 | Autigny | | 31:57 | +13:19 | 5:55 | 553 | 2:11 | 8:57 | 20:48 | H1: 48. |
| 73. | Enzmann Volker | 65 | Bern | | 31:58 | +13:21 | 5:55 | 263 | 1:36 | 8:59 | 21:22 | H2: 15. |
| 74. | Frieden Urs | 56 | Bern | | 32:30 | +13:53 | 6:01 | 293 | 1:47 | 9:24 | 21:19 | H2: 16. |
| 75. | Ramseier Urs | 68 | Riggisberg | | 32:46 | +14:09 | 6:04 | 499 | 2:08 | 9:16 | 21:22 | H2: 17. |
| 76. | Bigler Daniel | 66 | Ostermundigen | | 33:16 | +14:38 | 6:09 | 201 | 2:11 | 9:30 | 21:34 | H2: 18. |
| 77. | Vetter Daniel | 61 | Murzelen | TV Wohlen | 33:41 | +15:03 | 6:14 | 1253 | 2:09 | 9:13 | 22:18 | H2: 19. |
| 78. | Fankhauser Friedrich | 58 | Wabern | | 33:51 | +15:14 | 6:16 | 1021 | 2:07 | 9:30 | 22:13 | H2: 20. |
| 79. | Hirschi Beat | 57 | Bern | G G Bern | 33:59 | +15:22 | 6:17 | 343 | 2:12 | 9:34 | 22:13 | H2: 21. |
| 80. | Wyss Thomas | 70 | Lotzwil | | 34:27 | +15:50 | 6:22 | 1084 | 1:49 | 9:39 | 22:59 | H1: 49. |
| 81. | Eichenberger Andreas | 67 | Mühleberg | Team Isostar | 34:33 | +15:56 | 6:24 | 262 | 2:07 | 9:31 | 22:55 | H2: 22. |
| 82. | Streit Jürg | 51 | Buswil BE | | 35:05 | +16:28 | 6:29 | 609 | 2:07 | 9:54 | 23:04 | H2: 23. |
| 83. | Aebi Patrik | 65 | Liebefeld | | 35:35 | +16:57 | 6:35 | 1001 | 2:10 | 10:21 | 23:03 | H2: 24. |
| 84. | Zollinger Bernhard | 46 | Bern | | 35:38 | +17:01 | 6:35 | 680 | 2:14 | 10:10 | 23:13 | H2: 25. |
| 85. | Scheidegger Hans Peter | 42 | Schliern bei Köniz | smrun | 45:32 | +26:55 | 8:26 | 77 | 2:31 | 13:12 | 29:48 | H2: 26. |
| 86. | Van der Heemst Bob | 50 | Bern | | 56:28 | +37:50 | 10:27 | 633 | 3:19 | 16:22 | 36:45 | H2: 27. |

DNS

| | | | | | | | | | | | | |
|---------------------|----|-----------|--|--|--|--|--|-----|--|--|--|--|
| Freiburghaus Thomas | 65 | Münsingen | | | | | | 292 | | | | |
| Hug Niklaus | 74 | Heimberg | | | | | | 361 | | | | |

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|------|------------------|----|---------------|--------|------|---------|--------|---------|------------|--------|--------|--------------|
| DNS | | | | | | | | | | | | |
| | Jordi Michael | 82 | Niederhünigen | | 383 | | | | | | | |
| | Müller Jonas | 04 | Oberkirch LU | | 474 | | | | | | | |
| | Müller Veit | 79 | Bern | | 117 | | | | | | | |
| | Rothel Michael | 83 | Gümmenen | | 124 | | | | | | | |
| | Rüetschi David | 73 | Münsingen | | 530 | | | | | | | |
| | Sennhauser René | 63 | Mühleberg | | 129 | | | | | | | |
| | Schönholzer Hans | 44 | Liebefeld | STBern | 75 | | | | | | | |

#95 Teilnehmende