

# Forchlauf 2023

results

## 7.4 Kilometer Senioren M40

rank	name	yob	city	time	diff	min/km	racenum	Gesamtrang
1.	Mellaerts Randy	81	Birmensdorf ZH	<b>31:44</b>	--	4:17	1394	12.
2.	Frei Tobias	83		<b>31:57</b>	+13	4:19	544	13.
3.	de Jong Rogier	83	Zürich	<b>32:24</b>	+40	4:22	1120	17.
4.	Cardanobile Stefano	80	Kilchberg ZH	<b>34:09</b>	+2:25	4:36	1092	29.
5.	Floris Joël	81	Uster	<b>37:08</b>	+5:24	5:01	1174	54.
6.	Henguely Patrick	79		<b>37:54</b>	+6:10	5:07	565	60.
7.	Constam Thomas	79		<b>39:29</b>	+7:45	5:20	523	77.
8.	Guillier Pierre	82	Zürich	<b>40:59</b>	+9:15	5:32	1227	87.
9.	Degruyter Wim	82	Zurich	<b>42:00</b>	+10:16	5:40	1122	92.
10.	Brügger Lukas	82	Zürich	<b>42:30</b>	+10:46	5:44	1756	93.
11.	Ferrari-Fidel Frederick	83	Dübendorf	<b>42:48</b>	+11:04	5:46	1757	97.
12.	Impagliazzo Vito	80	Wallisellen	<b>45:32</b>	+13:48	6:09	1293	119.

### DNS

Bärtschi Sandro	79	487
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#13 participants