

# Forchlauf 2024

results

## 21.1 Kilometer Senioren M30

| rank | name                     | yob | city         | time           | diff   | min/km | racenum | Gesamtran |
|------|--------------------------|-----|--------------|----------------|--------|--------|---------|-----------|
| 1.   | Lanza Rómulo             | 92  | Zürich       | <b>1:24:57</b> | --     | 4:01   | 1787    | 10.       |
| 2.   | Helfenstein Jan          | 93  | Neuenkirch   | <b>1:26:00</b> | +1:03  | 4:04   | 432     | 12.       |
| 3.   | Pautrat Rémi             | 94  | Zürich       | <b>1:28:10</b> | +3:13  | 4:10   | 766     | 16.       |
| 4.   | Bichsel Benjamin         | 93  | Zürich       | <b>1:28:46</b> | +3:49  | 4:12   | 2050    | 18.       |
| 5.   | Brunner Fabian           | 93  | Zürich       | <b>1:29:42</b> | +4:45  | 4:15   | 207     | 23.       |
| 6.   | Kroese Tiuri             | 94  | Zurich       | <b>1:30:05</b> | +5:08  | 4:16   | 575     | 24.       |
| 7.   | Pohl David               | 93  | Zürich       | <b>1:30:18</b> | +5:21  | 4:16   | 796     | 26.       |
| 8.   | Reisach Dominik          | 92  | Zürich       | <b>1:31:23</b> | +6:26  | 4:19   | 832     | 31.       |
| 9.   | Schneider Stephan        | 92  | Zürich       | <b>1:32:01</b> | +7:04  | 4:21   | 917     | 34.       |
| 10.  | Imren Ali                | 92  | Zürich       | <b>1:33:08</b> | +8:11  | 4:24   | 478     | 40.       |
| 11.  | Tschirky Damian          | 90  | Baden        | <b>1:33:12</b> | +8:15  | 4:25   | 1887    | 41.       |
| 12.  | Singleton Matthew        | 91  | Zürich       | <b>1:34:26</b> | +9:29  | 4:28   | 950     | 50.       |
| 13.  | Cusack Martin            | 90  | Zürich       | <b>1:36:35</b> | +11:38 | 4:34   | 259     | 66.       |
| 14.  | Deen Matthew Curtis      | 93  | Zürich       | <b>1:36:48</b> | +11:51 | 4:35   | 272     | 68.       |
| 15.  | Fontana Gabriele         | 92  | Zürich       | <b>1:37:11</b> | +12:14 | 4:36   | 2057    | 70.       |
| 16.  | Rogger Julian            | 94  | Winterthur   | <b>1:37:23</b> | +12:26 | 4:36   | 850     | 71.       |
| 17.  | Sahin Kerem              | 94  | Basel        | <b>1:37:30</b> | +12:33 | 4:37   | 881     | 72.       |
| 18.  | Näger Robert             | 92  | Winterthur   | <b>1:38:04</b> | +13:07 | 4:38   | 727     | 76.       |
| 19.  | Müller Florian           | 93  | Zürich       | <b>1:40:12</b> | +15:15 | 4:44   | 716     | 93.       |
| 20.  | Leenders Ludger          | 90  | Zürich       | <b>1:40:17</b> | +15:20 | 4:45   | 595     | 95.       |
| 21.  | Schiesser Lukas          | 94  | Zürich       | <b>1:40:59</b> | +16:02 | 4:47   | 899     | 103.      |
| 22.  | Runzo Zach               | 91  | Zurich       | <b>1:42:07</b> | +17:10 | 4:50   | 868     | 113.      |
| 23.  | Aartsen Pieter           | 93  | Zürich       | <b>1:42:10</b> | +17:13 | 4:50   | 102     | 115.      |
| 24.  | Malnati Claudio          | 90  | Hedingen     | <b>1:42:38</b> | +17:41 | 4:51   | 631     | 118.      |
| 25.  | Langenegger Jonas        | 93  | Effretikon   | <b>1:42:58</b> | +18:01 | 4:52   | 588     | 121.      |
| 26.  | Alberti Michele          | 91  | Liebefeld    | <b>1:43:15</b> | +18:18 | 4:53   | 110     | 124.      |
| 27.  | Pusterla Filippo         | 90  | Mendrisio    | <b>1:43:26</b> | +18:29 | 4:54   | 808     | 128.      |
| 28.  | Wagner Dominik           | 93  | Lausanne     | <b>1:43:46</b> | +18:49 | 4:55   | 1935    | 131.      |
| 29.  | Simmler Patrik           | 90  | Zürich       | <b>1:45:17</b> | +20:20 | 4:59   | 949     | 154.      |
| 30.  | Corral Arroyo Pablo      | 91  | Zürich       | <b>1:47:49</b> | +22:52 | 5:06   | 253     | 173.      |
| 31.  | Heidrich Jonas           | 92  | Zürich       | <b>1:48:39</b> | +23:42 | 5:08   | 426     | 180.      |
| 32.  | Kruttschnitt Markus      | 92  | Zürich       | <b>1:48:49</b> | +23:52 | 5:09   | 579     | 183.      |
| 33.  | Dwars Martijn            | 93  | Zürich       | <b>1:49:24</b> | +24:27 | 5:11   | 298     | 190.      |
| 34.  | Berenjeno Correa Ernesto | 93  | Zürich       | <b>1:51:48</b> | +26:51 | 5:17   | 155     | 210.      |
| 35.  | Ledermann Claudio        | 94  | Winterthur   | <b>1:52:58</b> | +28:01 | 5:21   | 1794    | 220.      |
| 36.  | Lienhard Severin         | 93  | Wallisellen  | <b>1:53:26</b> | +28:29 | 5:22   | 1766    | 224.      |
| 37.  | Castrejon Lluís          | 91  | Zürich       | <b>1:54:07</b> | +29:10 | 5:24   | 234     | 229.      |
| 38.  | Spanninger Thomas        | 93  | Zürich       | <b>1:56:02</b> | +31:05 | 5:29   | 961     | 244.      |
| 39.  | Fauconneau Matthias      | 91  | Zürich       | <b>1:56:39</b> | +31:42 | 5:31   | 320     | 247.      |
| 40.  | Heller Anatol            | 91  | Zürich       | <b>1:56:57</b> | +32:00 | 5:32   | 433     | 250.      |
| 41.  | Van Rijnsouw Elmar       | 94  | Zürich       | <b>1:57:56</b> | +32:59 | 5:35   | 1912    | 257.      |
| 42.  | Polesel Marcello         | 92  | Schlieren    | <b>1:59:30</b> | +34:33 | 5:39   | 798     | 267.      |
| 43.  | Schüssler Fabian         | 92  | Zürich       | <b>1:59:49</b> | +34:52 | 5:40   | 927     | 269.      |
| 44.  | Aarents Willem           | 93  | Zürich       | <b>2:00:48</b> | +35:51 | 5:43   | 101     | 275.      |
| 45.  | Rangsiman Ketkaew Nutt   | 93  | Zürich       | <b>2:01:21</b> | +36:24 | 5:45   | 2041    | 281.      |
| 46.  | Götz Pascal              | 90  | Pfäffikon ZH | <b>2:02:21</b> | +37:24 | 5:47   | 389     | 287.      |
| 47.  | Kirchmeier Daniel        | 91  | Zürich       | <b>2:06:43</b> | +41:46 | 6:00   | 2010    | 300.      |
| 48.  | Accarino Brad            | 90  | Zürich       | <b>2:10:22</b> | +45:25 | 6:10   | 104     | 311.      |
| 49.  | Vigo Carlos              | 90  | Zürich       | <b>2:10:44</b> | +45:47 | 6:11   | 1918    | 312.      |
| 50.  | Schnellmann Matthias     | 91  | Kilchberg ZH | <b>2:11:45</b> | +46:48 | 6:14   | 918     | 315.      |

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|------|---------------|-----|--------|----------------|--------|--------|---------|-----------|
| 51.  | Vlachos Vaios | 92  | Zürich | <b>2:12:07</b> | +47:10 | 6:15   | 1922    | 316.      |

### Forchdenkmal (km 10.3)

|     |              |    |           |                |        |      |      |      |
|-----|--------------|----|-----------|----------------|--------|------|------|------|
| 52. | Dawson Eliot | 92 | Congleton | <b>1:07:53</b> | +26:01 | 6:35 | 2014 | 337. |
| 53. | Pohle Thomas | 91 | Hedingen  | <b>1:10:48</b> | +28:56 | 6:52 | 797  | 338. |

#53 participants