

Steinhölzlilaufl 2019

results

Hauptlauf Männer 20

rank	lastname	firstname	yob	city	club	time	diff	min/km	racenu	Startrunde	Runde1	Runde2	Runde3	overall
1.	Tefera	Mekonen	92	Herrenschwanden		35:17		3:19	1	1:12	11:15	11:23	11:25	2.
2.	Werren	Ueli	94	Riedstätt	SRS	37:28	+2:11	3:32	1080	1:15	11:57	12:11	12:03	4.
3.	Howald	Florian	91	Zürich		37:30	+2:13	3:32	1088	1:13	11:59	12:11	12:05	5.
4.	Steck	Oliver	91	Wabern		40:33	+5:16	3:49	1273	1:23	12:58	12:58	13:13	13.
5.	Castrischer	Adrian	90	Bern	Bärner Bärgloufcup	41:14	+5:57	3:53	102	1:24	13:02	13:25	13:22	17.
6.	Meyer	Hannes	90	Siselen BE	Jogging Biel-Bienne	42:24	+7:07	4:00	450	1:28	13:37	13:37	13:39	28.
7.	Streit	Marc	95	Thun	gantrischbike.ch / tripl3.ch	42:28	+7:11	4:00	610	1:20	13:05	13:52	14:09	29.
8.	Germann	Lukas	90	Törbel		43:20	+8:03	4:05	1270	1:35	13:41	13:58	14:04	37.
9.	Gerekidan	Alem	99	Interlaken		44:24	+9:07	4:11	307	1:22	13:39	14:41	14:40	45.
10.	Mesnil	Manuel	92	Bern	TV Länggasse	44:42	+9:25	4:13	449	1:26	14:02	14:26	14:47	46.
11.	Ghrmay	Mogos	98	Muri Gümligen		45:01	+9:43	4:14	309	1:24	13:52	14:45	14:58	50.
12.	Probst	David	97	Murten	Athletic Club Murten	45:31	+10:14	4:17	1297	1:35	14:36	14:38	14:41	56.
13.	Vogel	Florian	90	Bern		47:23	+12:06	4:28	636	1:42	15:05	15:26	15:09	71.
14.	Moser	David	93	Liebefeld		47:29	+12:12	4:28	465	1:35	14:45	15:39	15:29	72.
15.	Althaus	Jonas	95	Rümligen (Rümligen)		48:08	+12:51	4:32	164	1:35	14:32	15:41	16:18	76.
16.	Ahmadi	Amin	99	Köniz		48:39	+13:22	4:35	160	1:17	15:30	15:37	16:14	77.
17.	Gontier	Camille	91	Bern		51:06	+15:49	4:49	318	1:46	15:10	16:25	17:44	91.
18.	Bärtschi	Manuel	96	Liebefeld		51:36	+16:19	4:52	181	1:45	15:42	17:11	16:57	99.
19.	Dietschi	Marco	90	Bern		53:01	+17:44	5:00	255	1:54	16:58	17:15	16:53	112.
20.	Mantione	Chris	91	Bern		54:02	+18:45	5:05	439	1:48	16:36	17:26	18:10	123.
21.	Zryd	Yannick	91	Bern		59:47	+24:30	5:38	681	1:44	17:54	19:47	20:21	161.

DNS

Baier	Julian	96	Liebefeld						174					
Lehmann	Michael	91	Bern						424					
Scheidegger	Lukas	91	Sumiswald		4feet				543					

#24 participants