

# Run and Walk Bern 2019

## results

### 10km Running Seniorinnen

| rank | lastname firstname   | yob | city               | club                   | time         | diff   | min/km | racenum | overall |
|------|----------------------|-----|--------------------|------------------------|--------------|--------|--------|---------|---------|
| 1.   | Stricker Tamara      | 87  | Bern               |                        | <b>42:04</b> |        | 4:12   | 638     | 2.      |
| 2.   | Fischer Vera         | 82  | Bern               |                        | <b>42:08</b> | +04    | 4:12   | 250     | 3.      |
| 3.   | Kempf Sarah          | 82  | Spiringen          | www.fit-mit-sarah.ch   | <b>43:02</b> | +58    | 4:18   | 364     | 4.      |
| 4.   | Winklehner Anna      | 84  | Bremgarten b. Bern | Wolverine              | <b>43:14</b> | +1:10  | 4:19   | 701     | 5.      |
| 5.   | Maass Isabel         | 92  | Studen BE          |                        | <b>44:02</b> | +1:58  | 4:24   | 419     | 7.      |
| 6.   | Mast Nadine          | 84  | Schwarzenburg      |                        | <b>44:59</b> | +2:55  | 4:29   | 430     | 11.     |
| 7.   | Schär Natascha       | 82  | Oberbipp           | Sportgruppe Wiedli...  | <b>45:27</b> | +3:23  | 4:32   | 572     | 13.     |
| 8.   | Hüppi Linda          | 88  | Biel/Bienne        |                        | <b>46:12</b> | +4:08  | 4:37   | 344     | 15.     |
| 9.   | Ymbern Anna          | 88  | Ostermundigen      |                        | <b>46:12</b> | +4:08  | 4:37   | 724     | 16.     |
| 10.  | Krempaska Kristina   | 88  | Bern               |                        | <b>46:58</b> | +4:54  | 4:41   | 381     | 22.     |
| 11.  | Portmann Angela      | 82  | Oberentfelden      |                        | <b>47:31</b> | +5:27  | 4:45   | 516     | 25.     |
| 12.  | Höhne Carolin        | 95  | München            |                        | <b>47:32</b> | +5:28  | 4:45   | 328     | 26.     |
| 13.  | Rohr Tabea           | 87  | Münchenbuchsee     |                        | <b>48:17</b> | +6:13  | 4:49   | 543     | 29.     |
| 14.  | Aeberhard Stephanie  | 83  | Adelboden          |                        | <b>48:36</b> | +6:32  | 4:51   | 102     | 32.     |
| 15.  | Schmid Sarah         | 80  | Steffisburg        | Triple3                | <b>48:42</b> | +6:38  | 4:52   | 851     | 33.     |
| 16.  | Schweizer Kathrin    | 81  | Bern               |                        | <b>49:18</b> | +7:14  | 4:55   | 607     | 35.     |
| 17.  | Righetti Aurélie     | 84  | Bern               |                        | <b>49:28</b> | +7:24  | 4:56   | 536     | 37.     |
| 18.  | Salzmann Selina      | 96  | Gohl               |                        | <b>49:30</b> | +7:26  | 4:56   | 566     | 38.     |
| 19.  | Bischof Florence     | 83  | Steffisburg        |                        | <b>50:18</b> | +8:14  | 5:01   | 150     | 43.     |
| 20.  | Hirsbrunner Katja    | 96  | Herzogenbuchsee    |                        | <b>50:36</b> | +8:32  | 5:03   | 324     | 46.     |
| 21.  | Burton Kathryn       | 86  | Bern               |                        | <b>50:37</b> | +8:33  | 5:03   | 869     | 47.     |
| 22.  | Wittwer Stefanie     | 94  | Thun               |                        | <b>50:38</b> | +8:34  | 5:03   | 710     | 48.     |
| 23.  | Dreyer Daniela       | 82  | Muri b. Bern       |                        | <b>51:16</b> | +9:12  | 5:07   | 226     | 51.     |
| 24.  | Zulauf Katya         | 87  | Liebfeld           |                        | <b>51:16</b> | +9:12  | 5:07   | 735     | 52.     |
| 25.  | Schöpfer Manuela     | 83  | Rossens FR         | Vaudoise Versicheru... | <b>51:33</b> | +9:29  | 5:09   | 599     | 53.     |
| 26.  | Gosteli Isabel       | 92  | Bern               |                        | <b>51:34</b> | +9:30  | 5:09   | 284     | 54.     |
| 27.  | Scherf Nina          | 83  | Bern               |                        | <b>51:39</b> | +9:35  | 5:09   | 577     | 55.     |
| 28.  | Bauer Noomi          | 81  | Bern               |                        | <b>51:57</b> | +9:53  | 5:11   | 126     | 57.     |
| 29.  | Blatter Alexandra    | 88  | Bern               |                        | <b>51:58</b> | +9:54  | 5:11   | 154     | 58.     |
| 30.  | Binkert Ladina       | 96  | Ittigen            | TV Ittigen             | <b>52:29</b> | +10:25 | 5:14   | 147     | 62.     |
| 31.  | Brunner Ramona       | 90  | Bolligen           | TV Ittigen             | <b>52:32</b> | +10:28 | 5:15   | 177     | 63.     |
| 32.  | Zen-Ruffinen Denise  | 86  | Riedbach           |                        | <b>52:39</b> | +10:35 | 5:15   | 729     | 64.     |
| 33.  | Werthmüller Nadine   | 89  | Wattenwil          |                        | <b>52:50</b> | +10:46 | 5:16   | 697     | 65.     |
| 34.  | Soltermann Lara      | 95  | Bern               |                        | <b>52:55</b> | +10:51 | 5:17   | 622     | 67.     |
| 35.  | Bischoff Ona Lia     | 98  | Bremgarten b. Bern |                        | <b>53:03</b> | +10:59 | 5:18   | 151     | 68.     |
| 36.  | Zwahlen Sarah        | 93  | Münchenbuchsee     |                        | <b>53:14</b> | +11:10 | 5:19   | 838     | 69.     |
| 37.  | Probst Kathrin       | 82  | Bern               |                        | <b>53:22</b> | +11:18 | 5:20   | 519     | 70.     |
| 38.  | Affolter Sarah       | 84  | Visp               |                        | <b>53:53</b> | +11:49 | 5:23   | 106     | 74.     |
| 39.  | Liechti Lisa         | 87  | Ersigen            |                        | <b>53:55</b> | +11:51 | 5:23   | 406     | 75.     |
| 40.  | Ferro Manu Aline     | 92  | Bern               |                        | <b>54:04</b> | +12:00 | 5:24   | 246     | 77.     |
| 41.  | Kummer Mirjam        | 85  | Bern               |                        | <b>54:10</b> | +12:06 | 5:24   | 389     | 80.     |
| 42.  | Wichtermann Karin    | 87  | Meiringen          | Laufgruppe Willigen    | <b>54:12</b> | +12:08 | 5:25   | 700     | 81.     |
| 43.  | Rindlisbacher Tina   | 85  | Lyss               |                        | <b>54:13</b> | +12:09 | 5:25   | 537     | 82.     |
| 44.  | Böhm Carmen          | 89  | Oberburg           |                        | <b>54:19</b> | +12:15 | 5:25   | 160     | 84.     |
| 45.  | Tukker Stephanie     | 84  | Gümligen           |                        | <b>54:51</b> | +12:47 | 5:29   | 659     | 89.     |
| 46.  | Siegenthaler Kristin | 80  | Gümligen           |                        | <b>54:51</b> | +12:47 | 5:29   | 859     | 90.     |
| 47.  | Bugmann Rahel        | 99  | Hasle-Rüegsau      |                        | <b>55:09</b> | +13:05 | 5:30   | 183     | 93.     |
| 48.  | Hirschi Nathalie     | 93  | Düdingen           |                        | <b>55:27</b> | +13:23 | 5:32   | 325     | 95.     |
| 49.  | Sanchez Nina         | 81  | Unterseen          |                        | <b>55:54</b> | +13:50 | 5:35   | 567     | 99.     |
| 50.  | Wüthrich Jeanine     | 96  | Schwendibach       |                        | <b>55:58</b> | +13:54 | 5:35   | 716     | 101.    |

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### 10km Running Seniorinnen

| rank | lastname        | firstname  | yob | city              | club                | time           | diff   | min/km | racenum | overall |
|------|-----------------|------------|-----|-------------------|---------------------|----------------|--------|--------|---------|---------|
| 51.  | Hug             | Simone     | 94  | Ersigen           | Triteam Emmental    | <b>56:11</b>   | +14:07 | 5:37   | 341     | 102.    |
| 52.  | Sherif          | Ramisa     | 86  | Konolfingen       |                     | <b>56:12</b>   | +14:08 | 5:37   | 832     | 103.    |
| 53.  | Keller          | Brigitte   | 80  | Burgdorf          | Laufteam Emmenthal  | <b>56:20</b>   | +14:16 | 5:37   | 362     | 104.    |
| 54.  | Siffert         | Janique    | 86  | Bern              |                     | <b>56:38</b>   | +14:34 | 5:39   | 868     | 107.    |
| 55.  | Gafner          | Delila     | 85  | Homberg b. Thun   |                     | <b>56:40</b>   | +14:36 | 5:39   | 265     | 110.    |
| 56.  | Da Costa        | Magda      | 90  | Neuenhof          | AFV                 | <b>56:50</b>   | +14:46 | 5:40   | 206     | 112.    |
| 57.  | Gertsch         | Nathalia   | 81  | Bönigen           | ???l?Hskelter       | <b>57:02</b>   | +14:58 | 5:42   | 276     | 113.    |
| 58.  | Richner         | Sereina    | 92  | Liebefeld         | Mako Switzerland    | <b>57:14</b>   | +15:10 | 5:43   | 531     | 114.    |
| 59.  | Oberli          | Leonie     | 97  | Utzigen           |                     | <b>57:16</b>   | +15:12 | 5:43   | 491     | 115.    |
| 60.  | Beeler          | Kathrin    | 92  | Bern              |                     | <b>57:36</b>   | +15:32 | 5:45   | 133     | 117.    |
| 61.  | Steinlin        | Marina     | 91  | St. Gallen        |                     | <b>57:46</b>   | +15:42 | 5:46   | 630     | 120.    |
| 62.  | Steinlin        | Flavia     | 86  | St. Gallen        | keiner              | <b>57:46</b>   | +15:42 | 5:46   | 629     | 121.    |
| 63.  | Gfeller         | Bettina    | 90  | Thun              | 689                 | <b>57:48</b>   | +15:44 | 5:46   | 278     | 122.    |
| 64.  | Kurz-Gentinetta | Mirjam     | 88  | Bern              |                     | <b>57:52</b>   | +15:48 | 5:47   | 394     | 124.    |
| 65.  | Demaurex        | Adeline    | 92  | Bern              |                     | <b>57:57</b>   | +15:53 | 5:47   | 217     | 125.    |
| 66.  | Soos            | Claudia    | 86  | Spiez             |                     | <b>58:22</b>   | +16:18 | 5:50   | 623     | 132.    |
| 67.  | Silberman       | Nathalie   | 90  | Bern              |                     | <b>58:40</b>   | +16:36 | 5:51   | 618     | 139.    |
| 68.  | Portmann        | Olivia     | 81  | Niederhünigen     |                     | <b>58:44</b>   | +16:40 | 5:52   | 514     | 140.    |
| 69.  | Ribeaud         | Sabrina    | 95  | Bassecourt        |                     | <b>59:00</b>   | +16:56 | 5:53   | 530     | 143.    |
| 70.  | Dreyer          | Sandra     | 86  | Liebefeld         |                     | <b>59:02</b>   | +16:58 | 5:54   | 227     | 144.    |
| 71.  | Niederhauser    | Sara       | 88  | Konolfingen       |                     | <b>59:02</b>   | +16:58 | 5:54   | 482     | 145.    |
| 72.  | Roth            | Selina     | 89  | Bern              |                     | <b>59:25</b>   | +17:21 | 5:56   | 549     | 150.    |
| 73.  | Truttmann       | Irene      | 94  | Menzingen         |                     | <b>59:25</b>   | +17:21 | 5:56   | 657     | 151.    |
| 74.  | Truttmann       | Anita      | 92  | Zug               |                     | <b>59:26</b>   | +17:22 | 5:56   | 656     | 152.    |
| 75.  | Wyss            | Manuela    | 82  | Worben            |                     | <b>59:40</b>   | +17:36 | 5:57   | 721     | 154.    |
| 76.  | Wälchli         | Isabelle   | 82  | Bern              | Emmenskaters        | <b>59:57</b>   | +17:53 | 5:59   | 678     | 156.    |
| 77.  | May             | Rahel      | 91  | Bern              |                     | <b>1:00:05</b> | +18:01 | 6:00   | 437     | 158.    |
| 78.  | Trachsel        | Simone     | 81  | Bern              |                     | <b>1:00:07</b> | +18:03 | 6:00   | 655     | 159.    |
| 79.  | Giger           | Manuela    | 82  | Zollikofen        |                     | <b>1:00:13</b> | +18:09 | 6:01   | 281     | 160.    |
| 80.  | Sabra           | Mayssam    | 84  | Bern              |                     | <b>1:00:45</b> | +18:41 | 6:04   | 564     | 163.    |
| 81.  | Kiveliö         | Anna-Sofia | 84  | Zürich            |                     | <b>1:00:48</b> | +18:44 | 6:04   | 371     | 165.    |
| 82.  | Nussberger      | Béatrice   | 80  | Bern              |                     | <b>1:00:59</b> | +18:55 | 6:05   | 485     | 167.    |
| 83.  | König           | Therese    | 88  | Thörishaus        |                     | <b>1:00:59</b> | +18:55 | 6:05   | 379     | 168.    |
| 84.  | Bubb            | Katharina  | 90  | Fribourg          |                     | <b>1:01:10</b> | +19:06 | 6:06   | 178     | 169.    |
| 85.  | Deuschle        | Fabienne   | 89  | Münsingen         | STB                 | <b>1:01:16</b> | +19:12 | 6:07   | 218     | 171.    |
| 86.  | Liniger         | Marianne   | 84  | Meiringen         | Laufgruppe Willigen | <b>1:01:16</b> | +19:12 | 6:07   | 407     | 172.    |
| 87.  | Deillon         | Jeanne     | 93  | Lausanne          |                     | <b>1:01:48</b> | +19:44 | 6:10   | 214     | 175.    |
| 88.  | Studer          | Ramona     | 83  | Oensingen         |                     | <b>1:01:48</b> | +19:44 | 6:10   | 641     | 176.    |
| 89.  | Szelyes         | Susanna    | 82  | Bern              |                     | <b>1:01:56</b> | +19:52 | 6:11   | 644     | 177.    |
| 90.  | Garbade         | Alicia     | 92  | Bern              |                     | <b>1:02:24</b> | +20:20 | 6:14   | 811     | 180.    |
| 91.  | Delic           | Sedina     | 92  | Urtenen-Schönbühl |                     | <b>1:02:42</b> | +20:38 | 6:16   | 215     | 182.    |
| 92.  | Ilgaz           | Ilke       | 87  | Carouge GE        |                     | <b>1:02:44</b> | +20:40 | 6:16   | 347     | 183.    |
| 93.  | Thommen         | Delphine   | 94  | Lausanne          |                     | <b>1:02:44</b> | +20:40 | 6:16   | 649     | 184.    |
| 94.  | Hebeisen        | Andrea     | 85  | Liebefeld         |                     | <b>1:02:47</b> | +20:43 | 6:16   | 313     | 185.    |
| 95.  | Ruf             | Sarah      | 90  | Bern              |                     | <b>1:03:04</b> | +21:00 | 6:18   | 556     | 187.    |
| 96.  | Milleret        | Florence   | 89  | Zürich            |                     | <b>1:03:28</b> | +21:24 | 6:20   | 449     | 190.    |
| 97.  | Roth            | Anna       | 91  | Bern              |                     | <b>1:04:16</b> | +22:12 | 6:25   | 548     | 197.    |
| 98.  | Baschung        | Laura      | 92  | Derendingen       |                     | <b>1:04:17</b> | +22:13 | 6:25   | 123     | 198.    |
| 99.  | Thalmann        | Patricia   | 83  | Alterswil FR      |                     | <b>1:04:31</b> | +22:27 | 6:27   | 646     | 199.    |
| 100. | Herrli          | Tamara     | 92  | Aarberg           |                     | <b>1:04:35</b> | +22:31 | 6:27   | 321     | 200.    |

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## results

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| rank | lastname  | firstname   | yob | city            | club            | time           | diff   | min/km | racenum | overall |
|------|-----------|-------------|-----|-----------------|-----------------|----------------|--------|--------|---------|---------|
| 101. | Herrli    | Anita       | 91  | Bern            |                 | <b>1:04:35</b> | +22:31 | 6:27   | 320     | 201.    |
| 102. | Sigrist   | Susanne     | 88  | Bern            |                 | <b>1:04:46</b> | +22:42 | 6:28   | 617     | 202.    |
| 103. | Jaun      | Valery      | 90  | Innertkirchen   | Ladies Tri Team | <b>1:04:49</b> | +22:45 | 6:28   | 817     | 203.    |
| 104. | Hulmann   | Jenny       | 84  | Düdingen        |                 | <b>1:06:25</b> | +24:21 | 6:38   | 647     | 210.    |
| 105. | Zürcher   | Regina      | 89  | Bern            |                 | <b>1:06:55</b> | +24:51 | 6:41   | 837     | 212.    |
| 106. | Käser     | Patricia    | 97  | Nottwil         |                 | <b>1:08:24</b> | +26:20 | 6:50   | 361     | 217.    |
| 107. | Luder     | Nicole      | 89  | Bern            |                 | <b>1:08:53</b> | +26:49 | 6:53   | 412     | 218.    |
| 108. | Schneider | Judith      | 90  | Obersteckholz   |                 | <b>1:08:54</b> | +26:50 | 6:53   | 591     | 219.    |
| 109. | Perracini | Anna-Isabel | 98  | Kehrsatz        | GGB             | <b>1:12:12</b> | +30:08 | 7:13   | 499     | 225.    |
| 110. | Kessler   | Andrea      | 89  | Kirchberg BE    |                 | <b>1:16:30</b> | +34:26 | 7:38   | 365     | 231.    |
| 111. | Frey      | Larissa     | 89  | Homberg b. Thun |                 | <b>1:17:40</b> | +35:36 | 7:45   | 257     | 232.    |
| 112. | Bühlmann  | Julia       | 99  | Solothurn       |                 | <b>1:18:22</b> | +36:18 | 7:50   | 184     | 233.    |

### DNS

|             |           |    |                |                  |  |  |  |  |     |  |
|-------------|-----------|----|----------------|------------------|--|--|--|--|-----|--|
| Aebischer   | Michelle  | 91 | Bern           |                  |  |  |  |  | 104 |  |
| Antenen     | Dominique | 91 | Windisch       |                  |  |  |  |  | 113 |  |
| Berther     | Cécile    | 87 | Bern           |                  |  |  |  |  | 141 |  |
| Beyeler     | Sara      | 93 | Schwarzenburg  | TV Schwarzenburg |  |  |  |  | 143 |  |
| Brodbeck    | Julia     | 91 | Wohlen b. Bern |                  |  |  |  |  | 170 |  |
| Büttler     | Cornelia  | 83 | Solothurn      |                  |  |  |  |  | 195 |  |
| Dosch       | Rahel     | 86 | Thun           |                  |  |  |  |  | 224 |  |
| Dosch       | Rina      | 83 | Thun           |                  |  |  |  |  | 225 |  |
| Gasser      | Tabea     | 93 | Mamishaus      |                  |  |  |  |  | 269 |  |
| Haas        | Rita      | 90 | Bern           |                  |  |  |  |  | 299 |  |
| Hippenmeyer | Yvonne    | 90 | Orpund         |                  |  |  |  |  | 323 |  |
| Hunziker    | Corinne   | 87 | Bern           |                  |  |  |  |  | 342 |  |
| Imoberdorf  | Sonja     | 81 | Bern           |                  |  |  |  |  | 348 |  |
| Grimm       | Lisa      | 82 | Bern           |                  |  |  |  |  | 408 |  |
| Merz        | Michelle  | 84 | Münchenbuchsee |                  |  |  |  |  | 443 |  |
| Pfäffli     | Barbara   | 89 | Münsingen      |                  |  |  |  |  | 507 |  |
| Plüss       | Andrea    | 99 | Bern           | QFXBHFVS         |  |  |  |  | 512 |  |
| Rauser      | Noemi     | 87 | Bern           |                  |  |  |  |  | 524 |  |
| Schnider    | Stephanie | 89 | Solothurn      | Ohne Verein      |  |  |  |  | 598 |  |
| Volz        | Regula    | 81 | Zollikofen     | Rowing Club Bern |  |  |  |  | 669 |  |
| Sautaux     | Nadia     | 84 | Grolley        |                  |  |  |  |  | 828 |  |

#133 participants