

Steinhölzlilaufl 2019

results

Hauptlauf Männer 60

rank	lastname	firstname	yob	city	club	time	diff	min/km	racenu	Startrunde	Runde1	Runde2	Runde3	overall
1.	Widmer	Jakob	56	Laupen ZH	SC Diernberg	44:15		4:10	656	1:31	14:12	14:14	14:17	44.
2.	Ziegler	Alain	59	Jegenstorf	SALMING RUNNER SUISSE	46:51	+2:36	4:25	674	1:28	14:49	15:08	15:25	63.
3.	Steiner	Heinz	57	Kandersteg	Lauftreff Spiez	52:46	+8:31	4:58	600	1:44	16:56	17:17	16:49	110.
4.	Herde	Othmar	57	Münchenbuchsee		53:56	+9:41	5:05	1267	1:52	16:57	17:18	17:48	122.
5.	Zbinden	Peter	59	Guggisberg	Lauftreff Spiez	55:17	+11:02	5:12	1139	1:50	17:41	17:53	17:52	132.
6.	Bienz	Peter	50	Kehrsatz		55:24	+11:09	5:13	199	1:53	17:17	18:07	18:05	134.
7.	Stricker	René	50	Grosshöchstetten	sm run	56:27	+12:11	5:19	611	1:56	18:09	18:17	18:02	139.
8.	Herde	Bernhard	51	Burgdorf	SAC Burgdorf	57:19	+13:03	5:24	332	1:53	18:15	18:32	18:37	145.
9.	Iseli	Markus	56	Bern		58:49	+14:34	5:33	371	2:03	18:42	19:04	18:59	156.
10.	Bleisch	Robert	54	Glarus	LG Glarus	58:51	+14:36	5:33	205	1:49	18:26	19:29	19:07	157.
11.	Pestoni	Sandro	59	Wichtrach	Allblacks Thun	1:00:41	+16:26	5:43	1225	1:47	19:22	19:46	19:45	166.
12.	Stettler	Hans-Rudolf	55	Schüpfen		1:01:50	+17:35	5:50	605	2:01	19:01	19:58	20:50	168.
13.	Bernasconi	Alex	59	Bern		1:03:55	+19:39	6:01	1138	2:19	20:44	20:43	20:07	173.
14.	Dietschy	Beat	50	Bern	Hämpus	1:04:04	+19:48	6:02	256	2:00	19:27	21:09	21:27	174.
15.	Ullmann	Urs	57	St Niklausen	freizeitssportler.ch	1:04:42	+20:27	6:06	630	2:13	20:28	21:04	20:56	177.
16.	Bill	Walter	58	Ueberstorf		1:07:20	+23:05	6:21	203	2:15	20:38	22:07	22:19	180.
17.	Behounek	Michael	56	Riehen		1:12:14	+27:58	6:48	1261	2:17	21:48	23:56	24:11	183.

DNS

De Bellis François	53	Montricher	Swiss Masters Running	253		
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#18 participants