

Rock'n'Run Bern 2019

results

Runner Cross Team (vor WOD)

Team-Rang	name	yob	city	time	racenu
1. City Circle Elite (15)					
1.	Senti Michi	1989	Biberist	1:06:45	212
1.	Bisig Michela	1990	Biberist	1:05:26	209
4.	Leisi Julia	1989	Lüsslingen	1:13:28	211
9.	Crivelli Andrea	1975	Grenchen	1:21:30	210
1. Kenias allerletzte Reserve (15)					
3.	Müller Sabrina	1991	Sursee	1:12:59	232
3.	Dorizzi Dario	1991	Ohmstal	1:08:11	229
4.	Käch Matheo	1993	Dagmersellen	1:10:14	230
5.	Käch Noah	1997	Dagmersellen	1:10:14	231
3. ZULU runners (22)					
2.	Wipfli Manuel	1991	Luzern	1:07:48	341
2.	Spanier Vanessa	1998	Geuensee	1:09:42	340
6.	Egli Thomas	1991	Schötz	1:12:57	338
12.	Rea Leandro	1998	Sursee	1:17:34	339
4. Lionsoul OCR III (32)					
5.	Göldi Dana	1997	Gachnang	1:14:57	241
8.	Strässle Marc	1989	Felben-Wellhausen	1:14:56	244
9.	Rüeger Etienne	1990	Felben-Wellhausen	1:14:58	242
10.	Specker Joel	1989	Felben-Wellhausen	1:14:58	243
5. Xpulse (52)					
7.	Berra Michael	1993	Champéry	1:13:32	327
8.	Cid Fabienne	1990	Champéry	1:21:22	328
13.	Sagi Gael	1991	Champéry	1:18:29	329
24.	Berra Marion	1990	Champéry	1:39:10	326
6. CrossFit Triplex 1.0 (57)					
10.	Andres Rafaela	1990	Spiez	1:21:43	301
15.	Weibel Adrian	1988	Thun	1:21:43	303
16.	Porfido Gianluca	1992	Thun	1:21:43	355
16.	Catalano Sacha	1986	Uetendorf	1:21:43	302
7. Rope-Runner (64)					
11.	Gertsch Linda	1994	Bern	1:24:36	257
12.	Gatschet Bianca	1997	Ins	1:24:36	256
20.	Würsten Michael	1980	Gerzensee	1:24:36	258
21.	Diethelm Remo	1980	Zollikofen	1:24:38	255
8. XPulse gladiator (70)					
7.	Friedel Cécile	1982	Champéry	1:19:21	331
18.	Bögli Jérôme	1986	Champéry	1:23:30	330
19.	Zofra Julien	1988	Champéry	1:23:34	333
26.	Gex Leticia	1995	Champéry	1:39:14	332

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9. Bad Decisions Barbell Club (75)					
6.	Studer Kerstin	1991	Kriens	1:17:00	203
22.	Wyrsch Patrik	1990	Kriens	1:27:35	202
23.	Marti Lukas	1990	Kriens	1:27:35	201
24.	Unternährer Lukas	1994	Kriens	1:27:36	204
10. Summers High (91)					
13.	Liniger Vera	1992	Bern	1:27:37	315
25.	Liniger Mario	1993	Bern	1:27:37	314
26.	Friedli Samuel	1983	Kirchberg	1:27:38	312
27.	Hofer Manuel	1982	Bern	1:27:52	313
11. squirrel (92)					
15.	Staehli Delphine	1981	Romont FR	1:30:35	311
16.	Monney Corinne	1973	Romont FR	1:30:35	309
30.	Schudy Paul	1996	Jougne	1:30:34	310
31.	Maimone Matt	1996	Romont FR	1:30:34	308
12. CrossFit Thun 01 (120)					
18.	Lüthi Tanja	1989	Thun	1:33:13	219
33.	Pauli Fabian	1988	Thun	1:33:13	220
34.	Bayer Georg	1988	Brienz BE	1:33:13	217
35.	Lüthi Raphael	1986	Thun	1:33:13	218
13. Team noirblanc (121)					
17.	Ghirlanda Alyssa	1993	Fribourg	1:32:48	317
25.	Pasquier Catia	1983	Corpataux-Magneden	1:39:14	318
32.	Pasquier Nicolas	1980	Corpataux-Magneden	1:32:48	319
47.	Cordeiro José	1982	Bulle	1:39:17	316
14. Rocket crew (122)					
20.	Nicolet Lise	1993	Fribourg	1:35:40	253
21.	Clerc Monica	1981	Bösingen	1:35:44	251
40.	Meister Gaël	1993	Chavannes-Forts	1:35:29	252
41.	Semedo Wilson	1993	Estavayer-le-Lac	1:35:43	254
15. Pouloulou (128)					
14.	Berset Sébastien	1989	St-Sulpice VD	1:19:20	304
31.	Vigna Anaïck	1991	Pully	1:42:40	307
35.	Luca Jasmine	1988	Lausanne	1:46:09	305
48.	Mendes Daniel	1989	Crissier	1:39:27	306
16. XPulse warrior (131)					
11.	Texeira Stéfane	1990	Champéry	1:16:42	337
33.	Moulin Manuela	1976	Champéry	1:43:42	334
34.	Schlaeppli Marion	1989	Champéry	1:43:56	336
53.	Schlaeppli Daniel	1976	Champéry	1:43:23	335

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17. Fortemente (132)					
27.	Spreng Seraina	1993	Bern	1:39:42	227
29.	Hrancíková Petra	1992	Bern	1:41:24	225
30.	Wälchli Susanne	1974	Bern	1:41:32	228
46.	Kappel Sven	1984	Bern	1:38:56	226
18. Lionsoul OCR II (133)					
19.	Knezic Martina	1998	Winterthur	1:34:06	238
37.	Wahli Marc	1974	Frauenfeld	1:34:06	239
38.	Jashari Flamur	1987	Frauenfeld	1:34:07	237
39.	Zeller Philipp	1970	Gachnang	1:34:07	240
19. Les Ravis Au Lit (145)					
23.	Myter Lara	2000	Vétroz	1:38:53	235
28.	Roh Amandine	1999	Erde	1:39:52	236
45.	Ghaderi Payms	1987	Sion	1:38:40	233
49.	Joray Frédéric	1975	Grimisuat	1:39:52	234
20. Cindy takes our breath away (151)					
22.	Kaufmann Cindy	1990	Kappelen	1:36:19	206
42.	Gay Max	1984	Zürich	1:36:18	205
43.	Ponce Carlos	1981	Bern	1:36:19	207
44.	Silva Fred	1987	Bolligen	1:36:19	208
21. City Circle Solothurn (171)					
37.	Laubscher Sue	1986	Solothurn	1:47:34	213
38.	Schenk Nathalie	1993	Wangen an der Aare	1:47:34	215
39.	Ritter Jeday	1986	Solothurn	1:47:34	214
57.	Schmutz Jona	1991	Wangen an der Aare	1:47:34	216
22. The Rockys (185)					
32.	Ogi Sabrina	1989	Thun	1:42:43	424
50.	Schultheiss Ivo	1992	Wattenwil	1:42:43	324
51.	Holliger Michael	1986	Gunten	1:42:43	323
52.	Sobral Alejandro	1984	Steffisburg	1:42:43	325
23. The barbell squad (198)					
40.	Theytaz Emilie	1988	Sion	1:50:06	321
41.	Imstepf Maroussia	1987	Ayent	1:50:06	259
58.	Muller Vincent	1976	St-Séverin	1:50:06	320
59.	Werlen Tanya	1986	Sierre	1:50:06	322
24. Murph n' Turf (201)					
36.	Ogi Olivia	1996	Thun	1:46:12	246
54.	Wittwer Tim	1995	Krattigen	1:46:11	248
55.	Johner Dominik	1985	Steffisburg	1:46:11	245
56.	Willen Pascal	1993	Adelboden	1:46:12	247

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n.k. Cindy takes our breath away

	Forster Sara	1991	Ottoberg		260
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n.k. CrossFit Triplex

14.	Colijn Valerie	1997	Aeschi b. Spiez	1:29:00	221
28.	Ernst Marvin	1994	Wimmis	1:29:00	222
29.	Hadorn Andre	1992	Uetendorf	1:29:00	223
	Wenger Joel	1994	Thun		224

n.k. New Legacy Aarau

36.	Dupertuis Yves	1997	Kölliken	1:33:56	249
	Gamper Davide	2001	Kölliken		250

#103 participants