

# Steinhölzlilauflauf 2018

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 Diemberg/ smrun         | <b>41:27</b>   |        | 4:08   | 691    | 1:29       | 12:57  | 13:26  | 13:33  | 38.     |
| 2.   | Terreaux       | Bernard     | 52  | Vuisternens - en - Og... | CAG Farvagny smrun         | <b>43:27</b>   | +2:00  | 4:20   | 643    | 1:30       | 13:59  | 13:59  | 13:57  | 59.     |
| 3.   | Bühler         | Jürg        | 55  | Adliswil                 | smrun                      | <b>44:54</b>   | +3:27  | 4:29   | 170    | 1:33       | 13:55  | 14:35  | 14:50  | 70.     |
| 4.   | Piccand        | Gabriel     | 54  | Corpataux-Magneden       | CAG Farvagny / SMRUN       | <b>44:56</b>   | +3:28  | 4:29   | 495    | 1:29       | 14:04  | 14:32  | 14:49  | 71.     |
| 5.   | Schenker       | Toni        | 56  | Däniken SO               |                            | <b>46:47</b>   | +5:20  | 4:40   | 556    | 1:35       | 14:46  | 15:14  | 15:10  | 91.     |
| 6.   | Siddu          | Salvatore   | 53  | Schafisheim              |                            | <b>47:26</b>   | +5:59  | 4:44   | 1069   | 1:43       | 14:35  | 15:23  | 15:43  | 95.     |
| 7.   | Kronig         | Karl        | 57  | Bern                     | STB                        | <b>47:57</b>   | +6:30  | 4:47   | 1142   | 1:37       | 15:15  | 15:37  | 15:26  | 103.    |
| 8.   | Steiner        | Heinz       | 57  | Kandersteg               | Lauftreff Spiez            | <b>47:58</b>   | +6:30  | 4:47   | 619    | 1:39       | 15:13  | 15:45  | 15:19  | 104.    |
| 9.   | Freiburghaus   | René        | 54  | Kandersteg               | Smrun                      | <b>48:20</b>   | +6:53  | 4:50   | 246    | 1:46       | 15:03  | 15:38  | 15:51  | 108.    |
| 10.  | Carluccio      | Nicola      | 57  | Zürich                   | LAC TV Unterstrass         | <b>50:45</b>   | +9:18  | 5:04   | 180    | 1:50       | 16:28  | 16:24  | 16:02  | 134.    |
| 11.  | Guggisberg     | Willi       | 53  | Worblaufen               | SM RUN / Jogging Club Bern | <b>51:32</b>   | +10:05 | 5:09   | 1031   | 1:56       | 16:29  | 16:30  | 16:35  | 140.    |
| 12.  | Herde          | Othmar      | 57  | Münchenbuchsee           |                            | <b>51:42</b>   | +10:15 | 5:10   | 1129   | 1:58       | 16:18  | 16:33  | 16:52  | 141.    |
| 13.  | Herde          | Bernhard    | 51  | Burgdorf                 |                            | <b>52:12</b>   | +10:45 | 5:13   | 297    | 1:58       | 16:39  | 16:51  | 16:43  | 148.    |
| 14.  | Pauchard       | Bruno       | 49  | Bösingen                 |                            | <b>52:18</b>   | +10:51 | 5:13   | 490    | 1:53       | 16:41  | 16:59  | 16:44  | 149.    |
| 15.  | Leuenberger    | André       | 55  | Aarwangen                | LG Niederbipp              | <b>52:22</b>   | +10:55 | 5:14   | 1131   | 1:49       | 16:36  | 17:06  | 16:50  | 150.    |
| 16.  | Rüfli          | Roland      | 56  | Ostermundigen            |                            | <b>52:35</b>   | +11:08 | 5:15   | 536    | 2:00       | 16:38  | 16:53  | 17:04  | 152.    |
| 17.  | Gygax          | Martin      | 53  | Bern                     | smrun                      | <b>53:18</b>   | +11:51 | 5:19   | 284    | 1:50       | 16:55  | 17:12  | 17:20  | 158.    |
| 18.  | Stricker       | René        | 50  | Grosshöchstetten         | sm run                     | <b>53:34</b>   | +12:07 | 5:21   | 636    | 1:53       | 16:51  | 17:19  | 17:31  | 161.    |
| 19.  | Schmalz        | Hans        | 51  | Grüningen                | smrun                      | <b>55:18</b>   | +13:51 | 5:31   | 570    | 1:59       | 17:36  | 17:56  | 17:45  | 173.    |
| 20.  | Seiler         | Hansruedi   | 53  | Ittigen                  |                            | <b>56:03</b>   | +14:36 | 5:36   | 592    | 2:04       | 17:30  | 18:07  | 18:21  | 178.    |
| 21.  | Iseli          | Markus      | 56  | Bern                     |                            | <b>57:03</b>   | +15:36 | 5:42   | 329    | 2:03       | 18:02  | 18:28  | 18:29  | 185.    |
| 22.  | Dietschy       | Beat        | 50  | Bern                     | Hämpus                     | <b>57:32</b>   | +16:05 | 5:45   | 201    | 2:03       | 18:00  | 18:36  | 18:51  | 191.    |
| 23.  | Schwarzenmeyer | Günter      | 53  | Belp                     |                            | <b>59:38</b>   | +18:11 | 5:57   | 1231   | 2:06       | 18:48  | 19:11  | 19:32  | 198.    |
| 24.  | Stettler       | Hans Rudolf | 55  | Schüpfen                 |                            | <b>1:03:14</b> | +21:47 | 6:19   | 1092   | 2:00       | 19:11  | 20:24  | 21:38  | 207.    |
| 25.  | Ullmann        | Urs         | 57  | St Niklausen             | freizeitssportler.ch       | <b>1:04:00</b> | +22:33 | 6:24   | 659    | 2:17       | 19:36  | 20:34  | 21:32  | 209.    |

### Runde1

|     |            |       |    |            |                    |              |  |  |     |      |       |  |  |  |
|-----|------------|-------|----|------------|--------------------|--------------|--|--|-----|------|-------|--|--|--|
| 26. | Rüegsegger | Fritz | 50 | Krauchthal | Läuferriege Wohlen | <b>19:33</b> |  |  | 532 | 1:59 | 17:34 |  |  |  |
|-----|------------|-------|----|------------|--------------------|--------------|--|--|-----|------|-------|--|--|--|

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results

## Hauptlauf Männer 60

| rank             | lastname  | firstname | yob | city        | club   | time               | diff | min/km | racenu | Startrunde | Runde1 | Runde2 | Runde3 | overall |
|------------------|-----------|-----------|-----|-------------|--------|--------------------|------|--------|--------|------------|--------|--------|--------|---------|
| DNS              |           |           |     |             |        |                    |      |        |        |            |        |        |        |         |
|                  | Grünig    | Peter     | 55  | Riggisberg  |        |                    |      |        | 279    |            |        |        |        |         |
|                  | Luder     | Heinz     | 57  | Bertschikon | Gossau | LC Uster           |      |        | 1045   |            |        |        |        |         |
|                  | Tomezzoli | Carlo     | 53  | Gossau      | ZH     | LAC TV Unterstrass |      |        | 646    |            |        |        |        |         |
|                  | Wittwer   | Roland    | 58  | Bern        |        |                    |      |        | 702    |            |        |        |        |         |
| #30 participants |           |           |     |             |        |                    |      |        |        |            |        |        |        |         |