

11ème COURSE DE MATRAN 2016

Course populaire à pieds 11.7 Km
5,7 km Populaires et Nordic walking

Résultats scratch 11.7 Km

| Clt | Dos. | Nom et prénom | AN | Domicile/Club | Ville | (Clt) | CAT | Temps | Ecart |
|-----|------|---------------|----|---------------|-------|-------|-----|-------|-------|
|-----|------|---------------|----|---------------|-------|-------|-----|-------|-------|

Scratch mixte 11,7 Km

| | | | | | | | | | |
|----|------|-----------------------|------|------------------------|-------------------|------|-----|----------------|---------|
| 1 | 1284 | Jenny Adrian | 1979 | Team MAHU | Düdingen | (1) | M20 | 40:24.1 | |
| 2 | 1296 | Morgado Mario | 1975 | portugues fribourg | courtaman | (1) | M40 | 40:46.2 | 22.1 |
| 3 | 1283 | Girardet David | 1979 | Trilogie Sport | Belfaux | (2) | M20 | 40:51.5 | 27.4 |
| 4 | 1292 | Brügger Werner | 1975 | TSV Rechthalten | Giffers | (2) | M40 | 40:56.3 | 32.2 |
| 5 | 1325 | Girard Damien | 1992 | CARC Romont | Lieffrans | (3) | M20 | 41:47.5 | 1:23.4 |
| 6 | 1337 | Dafflon Xavier | 1982 | Pro Cycles | Fribourg | (4) | M20 | 42:31.5 | 2:07.4 |
| 7 | 1290 | Bigler Denis | 1969 | AC Morat TrilogieSport | Courgevoux | (3) | M40 | 42:51.2 | 2:27.1 |
| 8 | 1335 | Carvalho Sergio | 1977 | Trilogie | Villars-sur-Glâne | (5) | M20 | 43:59.6 | 3:35.5 |
| 9 | 1281 | Demierre Stéphane | 1990 | The Zen of Running | Siviriez | (6) | M20 | 44:17.9 | 3:53.8 |
| 10 | 1305 | Gianella Fabio | 1965 | Foulée du Vully | Lugnorre | (1) | M50 | 44:19.3 | 3:55.2 |
| 11 | 1309 | Monney Christian | 1965 | Cloros Team | Matran | (2) | M50 | 46:32.3 | 6:08.2 |
| 12 | 1317 | Thierrim Xavier | 1979 | | Grolley | (7) | M20 | 47:17.8 | 6:53.7 |
| 13 | 1346 | Grivel Robin | 1996 | CS Hauteville | Avry-devant-Pont | (8) | M20 | 47:23.4 | 6:59.3 |
| 14 | 1297 | Robatel Alexandre | 1971 | | prez-vers-noréaz | (4) | M40 | 47:53.8 | 7:29.7 |
| 15 | 1341 | Probst David | 1996 | AC Murten | Murten | (9) | M20 | 48:19.4 | 7:55.3 |
| 16 | 1277 | Chavaillaz Christophe | 1979 | | Ecuvillens | (10) | M20 | 48:50.6 | 8:26.5 |
| 17 | 1332 | Hayoz Erwin | 1963 | Bigfriends | Villarepos | (3) | M50 | 49:37.6 | 9:13.5 |
| 18 | 1295 | Lavenex Patrick | 1967 | | Villars-sur-Glâne | (5) | M40 | 49:51.3 | 9:27.2 |
| 19 | 1316 | Schumacher Virginie | 1978 | Trilogie Sport | Belfaux | (1) | F20 | 50:06.9 | 9:42.8 |
| 20 | 1344 | Kibrom Zemhret | 1994 | | Villars-sur-Glâne | (11) | M20 | 51:12.0 | 10:47.9 |
| 21 | 1263 | Monney Stéphanie | 1970 | CAG Farvagny | Corpataux | (1) | F40 | 51:19.7 | 10:55.6 |
| 22 | 1289 | Aeby Patrik | 1972 | CA Marly | Giffers | (6) | M40 | 51:24.4 | 11:00.3 |
| 23 | 1342 | Robadey Jacques | 1967 | FSG Bulle | Fribourg | (7) | M40 | 51:47.1 | 11:23.0 |
| 24 | 1258 | Morgado Madalena | 1978 | portugues fribourg | courtaman | (2) | F20 | 52:16.3 | 11:52.2 |
| 25 | 1257 | Marmy Delphine | 1993 | CAG Farvagny | Avry-dt-Pont | (3) | F20 | 52:20.6 | 11:56.5 |
| 26 | 1264 | Mooser Natacha | 1976 | SC Im Fang | Charmey | (2) | F40 | 52:30.7 | 12:06.6 |
| 27 | 1336 | Wyssen Alwin | 1962 | TSV Rechthalten | Zumholz | (4) | M50 | 52:44.6 | 12:20.5 |
| 28 | 1273 | Barbey Simon | 1991 | RLFS | Broc | (12) | M20 | 53:01.1 | 12:37.0 |
| 29 | 1339 | Baechler Marc | 1991 | | Arconciel | (13) | M20 | 53:05.4 | 12:41.3 |
| 30 | 1322 | Mooser Alexandre | 1973 | | Fribourg | (8) | M40 | 53:09.1 | 12:45.0 |
| 31 | 1250 | Almeida Laetitia | 1985 | TRT/pro cycle | Noreaz | (4) | F20 | 53:28.6 | 13:04.5 |
| 32 | 1326 | Philipona Tristan | 1998 | TSV Rechthalten | Rechthalten | (14) | M20 | 53:45.1 | 13:21.0 |
| 33 | 1327 | Philipona Marc | 1970 | Mahu Team | Rechthalten | (9) | M40 | 53:58.3 | 13:34.2 |
| 34 | 1287 | Pereira Marco | 1981 | portugues fribourg | courtaman | (15) | M20 | 54:25.0 | 14:00.9 |
| 35 | 1320 | Berset Patrick | 1981 | CAG Farvagny | prez-vers-noréaz | (16) | M20 | 54:26.4 | 14:02.3 |
| 36 | 1262 | Miauton Bertrand | 1978 | | Onnens | (17) | M20 | 55:08.2 | 14:44.1 |
| 37 | 1302 | Bossel Jean Noel | 1959 | | Granges-paccot | (5) | M50 | 55:54.6 | 15:30.5 |
| 38 | 1301 | Zuccoli Jean-Michel | 1974 | Triclub Esta Broye | Lully FR | (10) | M40 | 56:07.9 | 15:43.8 |
| 39 | 1338 | Perritaz Joël | 1968 | CARC Romont | Villarod | (11) | M40 | 56:32.7 | 16:08.6 |
| 40 | 1328 | Burrus Quentin | 2000 | | Matran | (18) | M20 | 57:02.7 | 16:38.6 |
| 41 | 1280 | Dafflon Michael | 1991 | | Matran | (19) | M20 | 57:12.3 | 16:48.2 |
| 42 | 1324 | Mooser André | 1965 | CARC Romont | Rossens | (6) | M50 | 57:13.1 | 16:49.0 |
| 43 | 1266 | Pillonel Sylvie | 1972 | A Travers Cugy | Cugy | (3) | F40 | 57:13.8 | 16:49.7 |
| 44 | 1306 | Girard Alain | 1957 | tpf | Magnedens | (7) | M50 | 57:14.5 | 16:50.4 |
| 45 | 1299 | Souchon Olivier | 1973 | | FRIBOURG | (12) | M40 | 57:16.2 | 16:52.1 |
| 46 | 1311 | Lirgg Uli | 1956 | Cloros Team | Avenches | (1) | M60 | 57:24.6 | 17:00.5 |
| 47 | 1308 | Greca Josef | 1957 | CAG Farvagny | Rossens | (8) | M50 | 57:28.1 | 17:04.0 |
| 48 | 1274 | Bard Grégory | 1979 | | Neyruz | (20) | M20 | 57:35.1 | 17:11.0 |
| 49 | 1251 | Buser Christine | 1979 | Cloros Team | Cordast | (5) | F20 | 57:41.8 | 17:17.7 |
| 50 | 1293 | Cerf Fabien | 1980 | | Matran | (13) | M40 | 58:12.4 | 17:48.3 |
| 51 | 1331 | Vonlanthen Angele | 1991 | Trilogie running team | Le Mouret | (6) | F20 | 58:57.7 | 18:33.6 |
| 52 | 1333 | Clerc Patrice | 1972 | Gibloux | Villargiroud | (14) | M40 | 59:03.3 | 18:39.2 |
| 53 | 1286 | Papaux Baptiste | 1986 | VBC Smile | Treyvaux | (21) | M20 | 59:04.8 | 18:40.7 |

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Course populaire à pieds 11.7 Km
5,7 km Populaires et Nordic walking
Résultats scratch 11.7 Km

| Clt | Dos. | Nom et prénom | AN | Domicile/Club | Ville | (Clt) | CAT | Temps | Ecart |
|-----|------|--------------------------|------|----------------|-------------------|-------|-----|-----------|---------|
| 54 | 1340 | Torche Ameline | 1989 | Cugy | Cugy | (7) | F20 | 1h00:57.0 | 20:32.9 |
| 55 | 1321 | Burnet Eric | 1960 | | Belfaux | (9) | M50 | 1h00:57.6 | 20:33.5 |
| 56 | 1276 | Berset Remy | 1993 | | Marly | (22) | M20 | 1h01:17.5 | 20:53.4 |
| 57 | 1285 | Monney Guillaume | 1993 | | Marly | (23) | M20 | 1h01:23.4 | 20:59.3 |
| 58 | 1313 | Chavaillaz Bernardin | 1943 | CAG Farvagny | Farvagny | (1) | M70 | 1h02:23.5 | 21:59.4 |
| 59 | 1314 | Longchamp Jean-Marc | 1958 | | Villars-sur-Glâne | (10) | M50 | 1h02:44.5 | 22:20.4 |
| 60 | 1278 | Collaud Kewin | 1991 | | Léchelles | (24) | M20 | 1h02:50.3 | 22:26.2 |
| 61 | 1343 | Corpataux Emmanuel | 1965 | | Matran | (11) | M50 | 1h02:54.0 | 22:29.9 |
| 62 | 1307 | Grandgirard Pierre-André | 1963 | A travers Cugy | Cugy | (12) | M50 | 1h02:58.1 | 22:34.0 |
| 63 | 1334 | Emery Marc-Antoine | 1968 | | Ecuvillens | (15) | M40 | 1h03:16.4 | 22:52.3 |
| 64 | 1323 | Chatagny Elisabeth | 1972 | | fribourg | (4) | F40 | 1h03:34.7 | 23:10.6 |
| 65 | 1288 | Wenger Roland | 1989 | | Ponthaux | (25) | M20 | 1h03:50.0 | 23:25.9 |
| 66 | 1303 | Brunisholz Louis | 1964 | | AVRY-SUR-MATRAN | (13) | M50 | 1h03:54.9 | 23:30.8 |
| 67 | 1256 | Marchon Valérie | 1986 | | Riaz | (8) | F20 | 1h03:58.4 | 23:34.3 |
| 68 | 1345 | Torche Marianne | 1956 | | Villars-sur-Glâne | (1) | F60 | 1h04:27.8 | 24:03.7 |
| 69 | 1330 | Maradan Denis | 1969 | | Avry-sur-Matran | (16) | M40 | 1h04:43.3 | 24:19.2 |
| 70 | 1300 | von der Forst Alexander | 1967 | | Posieux | (17) | M40 | 1h04:44.6 | 24:20.5 |
| 71 | 1315 | Kolly Laurent | 1969 | | Villars-sur-Glâne | (18) | M40 | 1h04:45.4 | 24:21.3 |
| 72 | 1282 | Fasel Victor | 1997 | | Courtepin | (26) | M20 | 1h04:54.0 | 24:29.9 |
| 73 | 1268 | Ruff Sophie | 1970 | | Ependes | (5) | F40 | 1h05:23.8 | 24:59.7 |
| 74 | 1259 | Quartenoud Magali | 1990 | | Le Mouret | (9) | F20 | 1h10:13.2 | 29:49.1 |
| 75 | 1261 | Telley Gaëlle | 1990 | | Ponthaux | (10) | F20 | 1h10:18.9 | 29:54.8 |
| 76 | 1252 | Chenaux Flavie | 1985 | | fribourg | (11) | F20 | 1h10:23.6 | 29:59.5 |
| 77 | 1253 | Chenaux Pauline | 1989 | | Fribourg | (12) | F20 | 1h10:24.2 | 30:00.1 |
| 78 | 1255 | Chassot Justine | 1988 | | Lausanne | (13) | F20 | 1h10:25.0 | 30:00.9 |
| 79 | 1319 | Perler Moritz | 1942 | | Gurmels | (2) | M70 | 1h11:27.3 | 31:03.2 |
| 80 | 1312 | Wolhauser Jean-Pierre | 1954 | smrun | Fribourg | (2) | M60 | 1h11:57.3 | 31:33.2 |
| 81 | 1318 | Coos Laurent | 1970 | | Broc | (19) | M40 | 1h12:03.9 | 31:39.8 |
| 82 | 1269 | Yerly Patricia | 1975 | | Treyvaux | (6) | F40 | 1h12:36.0 | 32:11.9 |
| 83 | 1347 | Verdon Philippe | 1957 | | Mtran | (14) | M50 | 1h13:06.8 | 32:42.7 |
| 84 | 1329 | Burrus Christophe | 1967 | | Matran | (20) | M40 | 1h14:37.7 | 34:13.6 |
| 85 | 1294 | Schafer Jean-Luc | 1967 | | Matran | (21) | M40 | 1h18:11.0 | 37:46.9 |
| 86 | 1267 | Reyes Sylvie | 1973 | - | Marly | (7) | F40 | 1h20:51.9 | 40:27.8 |

Scratch dame 11,7 Km

| | | | | | | | | | |
|----|------|---------------------|------|-----------------------|-------------------|------|-----|-----------|---------|
| 1 | 1316 | Schumacher Virginie | 1978 | Trilogie Sport | Belfaux | (1) | F20 | 50:06.9 | |
| 2 | 1263 | Monney Stéphanie | 1970 | CAG Farvagny | Corpataux | (1) | F40 | 51:19.7 | 1:12.8 |
| 3 | 1258 | Morgado Madalena | 1978 | portugues fribourg | courtaman | (2) | F20 | 52:16.3 | 2:09.4 |
| 4 | 1257 | Marmy Delphine | 1993 | CAG Farvagny | Avry-dt-Pont | (3) | F20 | 52:20.6 | 2:13.7 |
| 5 | 1264 | Mooser Natacha | 1976 | SC Im Fang | Charmey | (2) | F40 | 52:30.7 | 2:23.8 |
| 6 | 1250 | Almeida Laetitia | 1985 | TRT/pro cycle | Noreaz | (4) | F20 | 53:28.6 | 3:21.7 |
| 7 | 1266 | Pillonel Sylvie | 1972 | A Travers Cugy | Cugy | (3) | F40 | 57:13.8 | 7:06.9 |
| 8 | 1251 | Buser Christine | 1979 | Cloros Team | Cordast | (5) | F20 | 57:41.8 | 7:34.9 |
| 9 | 1331 | Vonlanthen Angele | 1991 | Trilogie running team | Le Mouret | (6) | F20 | 58:57.7 | 8:50.8 |
| 10 | 1340 | Torche Ameline | 1989 | Cugy | Cugy | (7) | F20 | 1h00:57.0 | 10:50.1 |
| 11 | 1323 | Chatagny Elisabeth | 1972 | | fribourg | (4) | F40 | 1h03:34.7 | 13:27.8 |
| 12 | 1256 | Marchon Valérie | 1986 | | Riaz | (8) | F20 | 1h03:58.4 | 13:51.5 |
| 13 | 1345 | Torche Marianne | 1956 | | Villars-sur-Glâne | (1) | F60 | 1h04:27.8 | 14:20.9 |
| 14 | 1268 | Ruff Sophie | 1970 | | Ependes | (5) | F40 | 1h05:23.8 | 15:16.9 |
| 15 | 1259 | Quartenoud Magali | 1990 | | Le Mouret | (9) | F20 | 1h10:13.2 | 20:06.3 |
| 16 | 1261 | Telley Gaëlle | 1990 | | Ponthaux | (10) | F20 | 1h10:18.9 | 20:12.0 |
| 17 | 1252 | Chenaux Flavie | 1985 | | fribourg | (11) | F20 | 1h10:23.6 | 20:16.7 |
| 18 | 1253 | Chenaux Pauline | 1989 | | Fribourg | (12) | F20 | 1h10:24.2 | 20:17.3 |
| 19 | 1255 | Chassot Justine | 1988 | | Lausanne | (13) | F20 | 1h10:25.0 | 20:18.1 |
| 20 | 1269 | Yerly Patricia | 1975 | | Treyvaux | (6) | F40 | 1h12:36.0 | 22:29.1 |

11ème COURSE DE MATRAN 2016
Course populaire à pieds 11.7 Km
5,7 km Populaires et Nordic walking
Résultats scratch 11.7 Km

| Clt | Dos. | Nom et prénom | AN | Domicile/Club | Ville | (Clt) | CAT | Temps | Ecart |
|-----|------|---------------|------|---------------|-------|-------|-----|-----------|---------|
| 21 | 1267 | Reyes Sylvie | 1973 | - | Marly | (7) | F40 | 1h20:51.9 | 30:45.0 |

Scratch Messieurs 11,7 Km

| | | | | | | | | | |
|----|------|--------------------------|------|------------------------|-------------------|------|-----|-----------|---------|
| 1 | 1284 | Jenny Adrian | 1979 | Team MAHU | Düdingen | (1) | M20 | 40:24.1 | |
| 2 | 1296 | Morgado Mario | 1975 | portugues fribourg | courtaman | (1) | M40 | 40:46.2 | 22.1 |
| 3 | 1283 | Girardet David | 1979 | Trilogie Sport | Belfaux | (2) | M20 | 40:51.5 | 27.4 |
| 4 | 1292 | Brügger Werner | 1975 | TSV Rechthalten | Giffers | (2) | M40 | 40:56.3 | 32.2 |
| 5 | 1325 | Girard Damien | 1992 | CARC Romont | Lieffrans | (3) | M20 | 41:47.5 | 1:23.4 |
| 6 | 1337 | Dafflon Xavier | 1982 | Pro Cycles | Fribourg | (4) | M20 | 42:31.5 | 2:07.4 |
| 7 | 1290 | Bigler Denis | 1969 | AC Morat TrilogieSport | Courgevaux | (3) | M40 | 42:51.2 | 2:27.1 |
| 8 | 1335 | Carvalho Sergio | 1977 | Trilogie | Villars-sur-Glâne | (5) | M20 | 43:59.6 | 3:35.5 |
| 9 | 1281 | Demierre Stéphane | 1990 | The Zen of Running | Siviriez | (6) | M20 | 44:17.9 | 3:53.8 |
| 10 | 1305 | Gianella Fabio | 1965 | Foulée du Vully | Lugnorre | (1) | M50 | 44:19.3 | 3:55.2 |
| 11 | 1309 | Monney Christian | 1965 | Cloros Team | Matran | (2) | M50 | 46:32.3 | 6:08.2 |
| 12 | 1317 | Thierrim Xavier | 1979 | | Grolley | (7) | M20 | 47:17.8 | 6:53.7 |
| 13 | 1346 | Grivel Robin | 1996 | CS Hauteville | Avry-devant-Pont | (8) | M20 | 47:23.4 | 6:59.3 |
| 14 | 1297 | Robatel Alexandre | 1971 | | prez-vers-noréaz | (4) | M40 | 47:53.8 | 7:29.7 |
| 15 | 1341 | Probst David | 1996 | AC Murten | Murten | (9) | M20 | 48:19.4 | 7:55.3 |
| 16 | 1277 | Chavaillez Christophe | 1979 | | Ecuvillens | (10) | M20 | 48:50.6 | 8:26.5 |
| 17 | 1332 | Hayoz Erwin | 1963 | Bigfriends | Villarepos | (3) | M50 | 49:37.6 | 9:13.5 |
| 18 | 1295 | Lavenex Patrick | 1967 | | Villars-sur-Glâne | (5) | M40 | 49:51.3 | 9:27.2 |
| 19 | 1344 | Kibrom Zemhret | 1994 | | Villars-sur-Glâne | (11) | M20 | 51:12.0 | 10:47.9 |
| 20 | 1289 | Aeby Patrik | 1972 | CA Marly | Giffers | (6) | M40 | 51:24.4 | 11:00.3 |
| 21 | 1342 | Robadey Jacques | 1967 | FSG Bulle | Fribourg | (7) | M40 | 51:47.1 | 11:23.0 |
| 22 | 1336 | Wyssen Alwin | 1962 | TSV Rechthalten | Zumholz | (4) | M50 | 52:44.6 | 12:20.5 |
| 23 | 1273 | Barbey Simon | 1991 | RLFS | Broc | (12) | M20 | 53:01.1 | 12:37.0 |
| 24 | 1339 | Baechler Marc | 1991 | | Arconciel | (13) | M20 | 53:05.4 | 12:41.3 |
| 25 | 1322 | Mooser Alexandre | 1973 | | Fribourg | (8) | M40 | 53:09.1 | 12:45.0 |
| 26 | 1326 | Philipona Tristan | 1998 | TSV Rechthalten | Rechthalten | (14) | M20 | 53:45.1 | 13:21.0 |
| 27 | 1327 | Philipona Marc | 1970 | Mahu Team | Rechthalten | (9) | M40 | 53:58.3 | 13:34.2 |
| 28 | 1287 | Pereira Marco | 1981 | portugues fribourg | courtaman | (15) | M20 | 54:25.0 | 14:00.9 |
| 29 | 1320 | Berset Patrick | 1981 | CAG Farvagny | prez-vers-noréaz | (16) | M20 | 54:26.4 | 14:02.3 |
| 30 | 1262 | Miauton Bertrand | 1978 | | Onnens | (17) | M20 | 55:08.2 | 14:44.1 |
| 31 | 1302 | Bossel Jean Noel | 1959 | | Granges-paccot | (5) | M50 | 55:54.6 | 15:30.5 |
| 32 | 1301 | Zucoli Jean-Michel | 1974 | Triclub Esta Broye | Lully FR | (10) | M40 | 56:07.9 | 15:43.8 |
| 33 | 1338 | Perritaz Joël | 1968 | CARC Romont | Villarlod | (11) | M40 | 56:32.7 | 16:08.6 |
| 34 | 1328 | Burrus Quentin | 2000 | | Matran | (18) | M20 | 57:02.7 | 16:38.6 |
| 35 | 1280 | Dafflon Michael | 1991 | | Matran | (19) | M20 | 57:12.3 | 16:48.2 |
| 36 | 1324 | Mooser André | 1965 | CARC Romont | Rossens | (6) | M50 | 57:13.1 | 16:49.0 |
| 37 | 1306 | Girard Alain | 1957 | tpf | Magnedens | (7) | M50 | 57:14.5 | 16:50.4 |
| 38 | 1299 | Souchon Olivier | 1973 | | FRIBOURG | (12) | M40 | 57:16.2 | 16:52.1 |
| 39 | 1311 | Lirgg Uli | 1956 | Cloros Team | Avenches | (1) | M60 | 57:24.6 | 17:00.5 |
| 40 | 1308 | Greca Josef | 1957 | CAG Farvagny | Rossens | (8) | M50 | 57:28.1 | 17:04.0 |
| 41 | 1274 | Bard Grégory | 1979 | | Neyruz | (20) | M20 | 57:35.1 | 17:11.0 |
| 42 | 1293 | Cerf Fabien | 1980 | | Matran | (13) | M40 | 58:12.4 | 17:48.3 |
| 43 | 1333 | Clerc Patrice | 1972 | Gibloux | Villargiroud | (14) | M40 | 59:03.3 | 18:39.2 |
| 44 | 1286 | Papaux Baptiste | 1986 | VBC Smile | Treyvaux | (21) | M20 | 59:04.8 | 18:40.7 |
| 45 | 1321 | Burnet Eric | 1960 | | Belfaux | (9) | M50 | 1h00:57.6 | 20:33.5 |
| 46 | 1276 | Berset Remy | 1993 | | Marly | (22) | M20 | 1h01:17.5 | 20:53.4 |
| 47 | 1285 | Monney Guillaume | 1993 | | Marly | (23) | M20 | 1h01:23.4 | 20:59.3 |
| 48 | 1313 | Chavaillez Bernardin | 1943 | CAG Farvagny | Farvagny | (1) | M70 | 1h02:23.5 | 21:59.4 |
| 49 | 1314 | Longchamp Jean-Marc | 1958 | | Villars-sur-Glâne | (10) | M50 | 1h02:44.5 | 22:20.4 |
| 50 | 1278 | Collaud Kewin | 1991 | | Léchelles | (24) | M20 | 1h02:50.3 | 22:26.2 |
| 51 | 1343 | Corpataux Emmanuel | 1965 | | Matran | (11) | M50 | 1h02:54.0 | 22:29.9 |
| 52 | 1307 | Grandgirard Pierre-André | 1963 | A travers Cugy | Cugy | (12) | M50 | 1h02:58.1 | 22:34.0 |

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5,7 km Populaires et Nordic walking
Résultats scratch 11.7 Km

| Clt | Dos. | Nom et prénom | AN | Domicile/Club | Ville | (Clt) | CAT | Temps | Ecart |
|-----|------|-------------------------|------|---------------|-------------------|-------|-----|------------------|---------|
| 53 | 1334 | Emery Marc-Antoine | 1968 | | Ecuvillens | (15) | M40 | 1h03:16.4 | 22:52.3 |
| 54 | 1288 | Wenger Roland | 1989 | | Ponthaux | (25) | M20 | 1h03:50.0 | 23:25.9 |
| 55 | 1303 | Brunisholz Louis | 1964 | | AVRY-SUR-MATRAN | (13) | M50 | 1h03:54.9 | 23:30.8 |
| 56 | 1330 | Maradan Denis | 1969 | | Avry-sur-Matran | (16) | M40 | 1h04:43.3 | 24:19.2 |
| 57 | 1300 | von der Forst Alexander | 1967 | | Posieux | (17) | M40 | 1h04:44.6 | 24:20.5 |
| 58 | 1315 | Kolly Laurent | 1969 | | Villars-sur-Glâne | (18) | M40 | 1h04:45.4 | 24:21.3 |
| 59 | 1282 | Fasel Victor | 1997 | | Courtepin | (26) | M20 | 1h04:54.0 | 24:29.9 |
| 60 | 1319 | Perler Moritz | 1942 | | Gurmels | (2) | M70 | 1h11:27.3 | 31:03.2 |
| 61 | 1312 | Wolhauser Jean-Pierre | 1954 | smrun | Fribourg | (2) | M60 | 1h11:57.3 | 31:33.2 |
| 62 | 1318 | Coos Laurent | 1970 | | Broc | (19) | M40 | 1h12:03.9 | 31:39.8 |
| 63 | 1347 | Verdon Philippe | 1957 | | Mtran | (14) | M50 | 1h13:06.8 | 32:42.7 |
| 64 | 1329 | Burrus Christophe | 1967 | | Matran | (20) | M40 | 1h14:37.7 | 34:13.6 |
| 65 | 1294 | Schafer Jean-Luc | 1967 | | Matran | (21) | M40 | 1h18:11.0 | 37:46.9 |