

# 40 ème Trophée de la Vallée du Flon 2016

## Coupe " la Gruyère " & Joker

### COURSE PEDESTRE POPULAIRE

#### Course à pieds

#### Résultats officiels

#### Catégories

| Cl  | Dos. | Nom et prénom        | Année | Club / domicile      | Temps   | Ecart   |
|---|------|----------------------|-------|----------------------|---------|---------|
| <b>MEC Ecoliers C / Schüler C 2007 et plus 1 Km</b> |      |                      |       |                      |         |         |
| 1   | 636  | WICHT Matéo          | 2007  | SA Bulle             | 3:24.78 |         |
| 2   | 612  | HENCHOZ Rémy         | 2007  | SA Bulle             | 3:38.84 | 14.06   |
| 3   | 627  | PROGIN Jules         | 2007  | SA Bulle             | 3:43.24 | 18.46   |
| 4   | 623  | CLERC Achille        | 2008  | SA Bulle             | 3:45.21 | 20.43   |
| 5   | 601  | VONARB Jules         | 2008  | SA Bulle             | 3:58.12 | 33.34   |
| 6   | 611  | FAVRE Jérôme         | 2007  | Pont                 | 4:02.68 | 37.90   |
| 7   | 609  | ROUVENAZ Guillaume   | 2007  | SA Bulle             | 4:03.40 | 38.62   |
| 8   | 621  | SONNEY Jean-Baptiste | 2007  | Grattavache          | 4:03.73 | 38.95   |
| 9   | 622  | SAFRI Jawad          | 2008  | AthleticaOron        | 4:05.15 | 40.37   |
| 10  | 617  | RISSE Simon          | 2008  | SA Bulle             | 4:12.13 | 47.35   |
| 11  | 615  | FAVRE Joséphin       | 2008  | CS Vallée du Flon    | 4:14.33 | 49.55   |
| 12  | 628  | HONORÉ Rémy          | 2009  | SA Bulle             | 4:20.10 | 55.32   |
| 13  | 643  | VACHOUD Alain        | 2007  | CArC Romont          | 4:20.98 | 56.20   |
| 14  | 650  | DEVAUD Baptiste      | 2008  | Le Crêt-près-Semsaes | 4:22.35 | 57.57   |
| 15  | 653  | CARDINAUX Nathaël    | 2008  | Bouloz               | 4:27.57 | 1:02.79 |
| 16  | 647  | GIANNI RIMA Lukas    | 2008  | Porsel               | 4:37.45 | 1:12.67 |
| 17  | 605  | SONNEY Emilien       | 2009  | Grattavache          | 4:39.98 | 1:15.20 |
| 18  | 634  | HANDSCHIN Sigfried   | 2008  | SA Bulle             | 4:40.97 | 1:16.19 |
| 19  | 667  | DISERENS Marc        | 2009  | Athletica Veveyse    | 4:42.40 | 1:17.62 |
| 20  | 604  | SAFRI Akram          | 2010  | AthleticaOron        | 4:49.43 | 1:24.65 |
| 21  | 645  | BULLIARD Thomas      | 2009  | CS Hauteville        | 4:52.45 | 1:27.67 |
| 22  | 610  | MOOSER Arnaud        | 2009  | SA Bulle             | 4:53.49 | 1:28.71 |
| 23  | 662  | RUSSIER Simon        | 2009  | Villars-sur-Glâne    | 4:56.79 | 1:32.01 |
| 24  | 656  | FRAGNIÈRE Alexis     | 2008  | Bouloz               | 4:58.11 | 1:33.33 |
| 25  | 657  | FRAGNIÈRE Elie       | 2010  | Bouloz               | 5:08.16 | 1:43.38 |
| 26  | 668  | FRAGNIÈRE Nicolas    | 2010  | Romont               | 5:08.55 | 1:43.77 |
| 27  | 635  | DAMON Mathéo         | 2008  | Gym Ursy             | 5:17.50 | 1:52.72 |
| 28  | 655  | FROCHAUX Tibère      | 2010  | Bouloz               | 5:20.47 | 1:55.69 |
| 29  | 614  | OLMOS Kenny          | 2010  | Russy                | 5:32.55 | 2:07.77 |
| 30  | 640  | DEWARRAT Thomas      | 2007  | Gym Ursy             | 5:56.72 | 2:31.94 |
| 31  | 624  | DEMIERRE Mahé        | 2012  | Montet               | 6:04.47 | 2:39.69 |
| 32  | 661  | BUSSIER Mathieu      | 2011  | Villars-sur-Glâne    | 6:34.68 | 3:09.90 |
| 33  | 620  | MENERAT Elio         | 2012  | Montreux 1820        | 7:14.17 | 3:49.39 |
| 34  | 658  | FRAGNIÈRE Martin     | 2013  | Bouloz               | 7:14.83 | 3:50.05 |
| 35  | 649  | FAVRE Gabriel        | 2011  | Pont                 | 7:18.24 | 3:53.46 |
| 36  | 602  | NEYROUD Valentin     | 2013  | Porsel               | 8:14.82 | 4:50.04 |
| 37  | 669  | MOLTENI Maël         | 2012  | Fiaugères            | 8:17.02 | 4:52.24 |
| 38  | 670  | MOLTENI Loïc         | 2010  | Fiaugères            | 8:17.46 | 4:52.68 |
| 39  | 648  | GACHET Thibaud       | 2014  | Vauderens            | 9:01.02 | 5:36.24 |

#### FEC Ecolières C /Schülerinnen C 2007 et plus 1 Km

|   |     |              |      |          |         |      |
|---|-----|--------------|------|----------|---------|------|
| 1 | 629 | HABEGGER Eva | 2007 | SA Bulle | 3:56.15 |      |
| 2 | 644 | WICHT Malia  | 2009 | SA Bulle | 3:59.61 | 3.46 |

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| 3  | 613  | MICOULET Julie           | 2007  | SA Bulle             | 4:25.15 | 29.00   |
| 4  | 646  | FATTEBERT Marion         | 2007  | Maracon              | 4:29.71 | 33.56   |
| 5  | 638  | MAYER Noélie             | 2008  | Bouloz               | 4:35.97 | 39.82   |
| 6  | 606  | TARDY Emilie             | 2007  | Gym Ursy             | 4:46.30 | 50.15   |
| 7  | 625  | DUFOUR Elena             | 2007  | Gym Ursy             | 4:47.45 | 51.30   |
| 8  | 603  | CLERC Anna               | 2010  | SA Bulle             | 4:51.13 | 54.98   |
| 9  | 641  | DEMIERRE Lilou           | 2007  | Montet               | 5:00.86 | 1:04.71 |
| 10 | 616  | GRANGE-DEVILLERS Romane  | 2009  | Gym Ursy             | 5:01.62 | 1:05.47 |
| 11 | 626  | ARNAUD Malwenn           | 2011  | SA Bulle             | 5:02.23 | 1:06.08 |
| 12 | 651  | MENOUD Alie              | 2009  | GSG Sâles            | 5:04.87 | 1:08.72 |
| 13 | 639  | OUMAZIZ Ida              | 2009  | Châtel-St-Denis      | 5:06.02 | 1:09.87 |
| 14 | 618  | OUMAZIZ Judith           | 2011  | Châtel-St-Denis      | 5:07.01 | 1:10.86 |
| 15 | 671  | GRANGE DEVILLAR Mathilde | 2010  | Bouloz               | 5:20.69 | 1:24.54 |
| 16 | 660  | DEWARRAT Chiara          | 2009  | Porsel               | 5:22.50 | 1:26.35 |
| 17 | 631  | NEYROUD Manon            | 2009  | Porsel               | 5:27.17 | 1:31.02 |
| 18 | 608  | SURCHAT Tess             | 2009  | Ursy                 | 5:36.67 | 1:40.52 |
| 19 | 642  | OLMOS Kayla              | 2010  | Russy                | 5:39.03 | 1:42.88 |
| 20 | 607  | FAVRE Anna               | 2009  | Gym Ursy             | 5:44.20 | 1:48.05 |
| 21 | 637  | MENOUD Camille           | 2007  | classe 6H-7H Le Crêt | 5:45.68 | 1:49.53 |
| 22 | 666  | CARDINAUX Gaëlane        | 2009  | Bouloz               | 6:03.75 | 2:07.60 |
| 23 | 659  | REICHENBACH Julie        | 2011  | Porsel               | 6:16.77 | 2:20.62 |
| 24 | 652  | MENOUD Béatrice          | 2011  | FSG Sâles            | 6:33.03 | 2:36.88 |
| 25 | 654  | FROCHAUX Cosette         | 2012  | Bouloz               | 7:02.86 | 3:06.71 |
| 26 | 665  | GRIVEL Annaé             | 2012  | Porsel               | 7:15.77 | 3:19.62 |
| 27 | 663  | MAILLARD Chloe           | 2012  | Porsel               | 7:48.51 | 3:52.36 |
| 28 | 664  | GRIVEL Eliott            | 2014  | Porsel               | 8:41.24 | 4:45.09 |

**MEB Ecoliers B / Schüler B 2005 - 2006 2 Km**

|    |     |                    |      |                      |         |         |
|----|-----|--------------------|------|----------------------|---------|---------|
| 1  | 532 | SAVARY Normand     | 2005 | SC Riaz              | 7:29.85 |         |
| 2  | 513 | MESOT Aurélien     | 2006 | classe 6H-7H Le Crêt | 7:30.08 | 0.23    |
| 3  | 512 | SUDAN Simon        | 2005 | SA Bulle             | 7:30.95 | 1.10    |
| 4  | 546 | CASTELLA Emile     | 2005 | SA Bulle             | 7:53.67 | 23.82   |
| 5  | 549 | VALNET Guillaume   | 2006 | SA Bulle             | 7:56.16 | 26.31   |
| 6  | 528 | HONORÉ Jules       | 2006 | SA Bulle             | 8:05.46 | 35.61   |
| 7  | 523 | DEMIERRE Axel      | 2005 | Montet               | 8:20.53 | 50.68   |
| 8  | 504 | TÂCHE Gabriel      | 2006 | athleticaveveyse     | 8:26.51 | 56.66   |
| 9  | 564 | DISERENS Lucas     | 2005 | Semsales             | 8:31.33 | 1:01.48 |
| 10 | 524 | CLERC Gabriel      | 2006 | SA Bulle             | 8:36.82 | 1:06.97 |
| 11 | 553 | BUILLARD Mathias   | 2005 | CS Hauteville        | 8:49.18 | 1:19.33 |
| 12 | 537 | THORIMBERT Quentin | 2005 | classe 6H-7H Le Crêt | 9:05.21 | 1:35.36 |
| 13 | 535 | CARREL Landry      | 2006 | classe 6H-7H Le Crêt | 9:05.51 | 1:35.66 |
| 14 | 527 | CHEVALLEY Enzo     | 2006 | classe 6H-7H Le Crêt | 9:05.72 | 1:35.87 |
| 15 | 530 | HANDSCHIN Wieland  | 2006 | SA Bulle             | 9:09.05 | 1:39.20 |
| 16 | 554 | FATTEBERT Lucas    | 2006 | Maracon              | 9:15.38 | 1:45.53 |
| 17 | 544 | CURRAT Samuel      | 2005 | Besencens            | 9:16.67 | 1:46.82 |
| 18 | 521 | MAYER Valentino    | 2005 | Bouloz               | 9:21.01 | 1:51.16 |
| 19 | 520 | SONNEY Zachary     | 2006 | classe 6H-7H Le Crêt | 9:21.48 | 1:51.63 |

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|----|------|-----------------|-------|-----------------|----------|---------|
| 20 | 574  | GUILLOCHON Ilan | 2005  | Promasens       | 9:21.75  | 1:51.90 |
| 21 | 538  | THÜRLER Timo    | 2006  | Gym Ursy        | 9:54.14  | 2:24.29 |
| 22 | 548  | HEJDA Rémi      | 2006  | CS Le Mouret    | 9:55.34  | 2:25.49 |
| 23 | 514  | TARDY Julien    | 2006  | Gym Ursy        | 10:53.21 | 3:23.36 |

**FEB Ecolières B / Schölerinnen B 2005 - 2006 2 Km**

|    |     |                   |      |                      |          |         |
|----|-----|-------------------|------|----------------------|----------|---------|
| 1  | 508 | PANCHAUD Manon    | 2005 | CS Hauteville        | 7:31.84  |         |
| 2  | 541 | TÂCHE Louna       | 2005 | athleticaveveyse     | 7:51.71  | 19.87   |
| 3  | 551 | SAVARY Lomée      | 2006 | SA Bulle             | 9:00.63  | 1:28.79 |
| 4  | 552 | MAGNIN Elodie     | 2006 | Corbières            | 9:12.29  | 1:40.45 |
| 5  | 550 | BEAUD Charline    | 2006 | SA Bulle             | 9:38.91  | 2:07.07 |
| 6  | 531 | THÜRLER Valentine | 2005 | Gym Ursy             | 9:40.30  | 2:08.46 |
| 7  | 561 | GILLON Margaux    | 2006 | Esmonts              | 9:45.87  | 2:14.03 |
| 8  | 540 | PORTIER Orlane    | 2006 | Porsel               | 9:51.23  | 2:19.39 |
| 9  | 515 | DEVAUD Candice    | 2006 | classe 6H-7H Le Crêt | 9:52.68  | 2:20.84 |
| 10 | 560 | GILLON Maude      | 2006 | Esmonts              | 10:22.75 | 2:50.91 |
| 11 | 566 | LEVRAT Julie      | 2006 | Ski club Bouloz      | 10:23.89 | 2:52.05 |
| 12 | 529 | BILAND Lou        | 2006 | CS Le Mouret         | 10:28.06 | 2:56.22 |
| 13 | 503 | SHIJAKU Anisa     | 2005 | classe 6H-7H Le Crêt | 10:53.56 | 3:21.72 |
| 14 | 567 | MENOUD Elise      | 2006 | Besencens            | 11:03.61 | 3:31.77 |
| 15 | 533 | OLIVEIRA Ema      | 2006 | Gym Ursy             | 11:09.21 | 3:37.37 |
| 16 | 536 | CHARRIÈRE Lucie   | 2006 | classe 6H-7H Le Crêt | 11:14.79 | 3:42.95 |
| 17 | 545 | PITTET Loriane    | 2005 | classe 6H-7H Le Crêt | 11:15.16 | 3:43.32 |
| 18 | 543 | LECLERCQ Charline | 2006 | classe 6H-7H Le Crêt | 11:52.78 | 4:20.94 |
| 19 | 510 | CAMPELO Kim       | 2006 | classe 6H-7H Le Crêt | 11:53.91 | 4:22.07 |
| 20 | 563 | CARDINAUX Maëline | 2006 | Bouloz               | 11:58.56 | 4:26.72 |
| 21 | 522 | PFEIFFLE Tilly    | 2006 | classe 6H-7H Le Crêt | 12:16.42 | 4:44.58 |

**MEA Ecoliers A / Schöler A 2003 - 2004 2 Km**

|   |     |                   |      |                 |         |         |
|---|-----|-------------------|------|-----------------|---------|---------|
| 1 | 555 | DUPRÉ Arnaud      | 2003 | CA Belfaux      | 7:11.12 |         |
| 2 | 516 | RISSE Lucas       | 2004 | SA Bulle        | 7:57.03 | 45.91   |
| 3 | 559 | GILLON Lucien     | 2004 | Esmonts         | 7:57.69 | 46.57   |
| 4 | 558 | DEILLON Matteo    | 2004 | Grattavache     | 7:59.29 | 48.17   |
| 5 | 507 | ROSSI Etienne     | 2004 | CS Hauteville   | 8:02.21 | 51.09   |
| 6 | 556 | KOLLY Thomas      | 2003 | CS Hauteville   | 8:09.68 | 58.56   |
| 7 | 547 | ANSERMOT Théo     | 2003 | SA Bulle        | 8:11.28 | 1:00.16 |
| 8 | 517 | HANDSCHIN Nordhal | 2003 | SA Bulle        | 8:13.56 | 1:02.44 |
| 9 | 565 | LEVRAT Antoine    | 2003 | Ski club Bouloz | 9:07.70 | 1:56.58 |

**FEA Ecolières A / Schölerinnen A 2003 - 2004 2 Km**

|   |     |               |      |          |         |      |
|---|-----|---------------|------|----------|---------|------|
| 1 | 511 | HONORÉ Manon  | 2003 | SA Bulle | 8:20.99 |      |
| 2 | 525 | PROGIN Louise | 2004 | SA Bulle | 8:24.26 | 3.27 |

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| 3  | 557  | BERCHIER Mathilde | 2003  | Hauteville      | 8:37.44  | 16.45   |
| 4  | 562  | WYSSMÜLLER Claire | 2004  | Marsens         | 8:37.87  | 16.88   |
| 5  | 534  | THÜRLER Natacha   | 2003  | Gym Ursy        | 9:39.62  | 1:18.63 |
| 6  | 518  | FAVRE Jeanne      | 2004  | Pont            | 9:49.67  | 1:28.68 |
| 7  | 568  | LIARDON Chloé     | 2003  | Ski club Bouloz | 10:53.90 | 2:32.91 |
| 8  | 519  | HEJDA Marion      | 2004  | Arconciel       | 10:59.99 | 2:39.00 |
| 9  | 526  | OURY Elise        | 2003  | Fiaugères       | 11:52.04 | 3:31.05 |

**M20 Messieurs / Männer 1977 - 1996 12,5 Km**

|    |     |                       |      |                       |          |          |
|----|-----|-----------------------|------|-----------------------|----------|----------|
| 1  | 132 | LEBOEUF François      | 1985 | BCVS Mount Asics Team | 44:25.18 |          |
| 2  | 9   | BAILLY Gilles         | 1977 | FSG La Neuville       | 46:12.13 | 1:46.95  |
| 3  | 49  | MOULIN Xavier         | 1979 | BCVS Mount Asics Team | 46:24.85 | 1:59.67  |
| 4  | 73  | CARDINAUX Pierre-Yves | 1986 | CS Vallée du Flon     | 46:29.62 | 2:04.44  |
| 5  | 25  | SCHOUWEY Jérémy       | 1991 | Les Fous Furieux      | 46:33.66 | 2:08.48  |
| 6  | 67  | DEMIERRE Stéphane     | 1990 | Siviriez              | 48:29.23 | 4:04.05  |
| 7  | 7   | CLÉMENT Mathieu       | 1995 | Les Fous Furieux      | 48:32.37 | 4:07.19  |
| 8  | 87  | GLASSON François      | 1996 | SCOTT TEAM            | 48:43.20 | 4:18.02  |
| 9  | 77  | GRIVEL Robin          | 1996 | CS Hauteville         | 49:01.05 | 4:35.87  |
| 10 | 133 | TROMBERT Maxime       | 1    | BCVS Mount Asics Team | 49:31.79 | 5:06.61  |
| 11 | 63  | NANCHEN Lucas         | 1995 | BCVS Mount Asics Team | 49:38.86 | 5:13.68  |
| 12 | 103 | BALMER Jonathan       | 1993 | CS Hauteville         | 49:41.45 | 5:16.27  |
| 13 | 252 | RAUBER Sébastien      | 1990 | Im Fang               | 49:53.85 | 5:28.67  |
| 14 | 69  | GRANGER Kilian        |      | BCVS Mount Asics Team | 50:24.29 | 5:59.11  |
| 15 | 247 | THIERRIN Xavier       | 1979 |                       | 50:29.87 | 6:04.69  |
| 16 | 94  | GIRARD Damien         | 1992 | CARC Romont           | 50:32.17 | 6:06.99  |
| 17 | 11  | RASTOLDO Lionel       | 1987 | Teysalpi              | 50:32.98 | 6:07.80  |
| 18 | 143 | SAUTEUR Simon         | 1993 | Riaz                  | 50:49.31 | 6:24.13  |
| 19 | 150 | MARCHON Thierry       | 1993 | CAG Farvagny          | 51:13.06 | 6:47.88  |
| 20 | 269 | MINNIG Hugo           | 1993 | CS Hauteville         | 51:16.66 | 6:51.48  |
| 21 | 295 | DEILLON Matthieu      | 1993 | Team Ursy             | 51:23.24 | 6:58.06  |
| 22 | 270 | PILLOUD Olivier       | 1978 | SA Bulle              | 51:42.50 | 7:17.32  |
| 23 | 140 | MAURON Vincent        | 1984 | CARC Romont           | 52:07.19 | 7:42.01  |
| 24 | 254 | DESSIBOURG Valentin   | 1986 | CS Hauteville         | 52:34.45 | 8:09.27  |
| 25 | 285 | CHARBONNET Nicolas    | 1982 | Teysalpi              | 52:41.44 | 8:16.26  |
| 26 | 104 | BUTTICAZ Vincent      | 1985 | CSPL                  | 53:16.86 | 8:51.68  |
| 27 | 121 | CHARRIÈRE Gaël        | 1982 | Lausanne              | 53:55.94 | 9:30.76  |
| 28 | 51  | BESSON Léo            | 99   | BCVS Mount Asics Team | 54:03.96 | 9:38.78  |
| 29 | 289 | PASQUIER Christophe   | 1980 | CS Marsens            | 54:52.37 | 10:27.19 |
| 30 | 286 | PERADALTA NEGRE David | 1993 | Ecublens/FR           | 55:18.36 | 10:53.18 |
| 31 | 138 | ASENSIO Oriol         | 1993 | Saint Sulpice         | 55:22.72 | 10:57.54 |
| 32 | 292 | FOURNIER Olivier      | 1983 | Ecuvillens            | 55:26.94 | 11:01.76 |
| 33 | 115 | GROGNOZ Vincent       | 1994 | CS Vallée du Flon     | 55:31.68 | 11:06.50 |
| 34 | 117 | SEYDOUX Laurent       | 1985 | FSG Sâles             | 55:36.92 | 11:11.74 |
| 35 | 267 | DÉNERVAUD Claude      | 1989 | B3 Bulle Triathlon    | 55:38.64 | 11:13.46 |
| 36 | 287 | SUDAN Hervé           | 1989 | Team Lysalp           | 55:48.25 | 11:23.07 |
| 37 | 29  | MORY Etienne          | 1990 | Villariaz             | 56:13.92 | 11:48.74 |
| 38 | 86  | WEISS Jean-Sébastien  | 1986 | B3 Bulle Triathlon    | 57:14.00 | 12:48.82 |

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| 39 | 246  | OBERSON Pierre        | 1984  | Villars-Sous-Mont     | 57:20.52   | 12:55.34 |
| 40 | 40   | VIAL Julien           | 1982  | CS Vallée du Flon     | 57:53.05   | 13:27.87 |
| 41 | 27   | KOLLY Kévin           | 1995  | CS Hauteville         | 57:54.15   | 13:28.97 |
| 42 | 282  | REPOND Edouard        | 1988  | Broc                  | 58:13.07   | 13:47.89 |
| 43 | 50   | CHAUDOYE Fabien       | 1983  | B3 Bulle Triathlon    | 58:16.11   | 13:50.93 |
| 44 | 294  | MESOT Vincent         | 1984  | La Joux               | 58:50.18   | 14:25.00 |
| 45 | 10   | CHATAGNY Simon        | 1987  | Massonnens            | 59:24.54   | 14:59.36 |
| 46 | 89   | PEER Vincent          | 1996  | Les Thioleyres        | 59:35.43   | 15:10.25 |
| 47 | 147  | BUSSARD Jean-Claude   | 1977  | Romont                | 59:37.93   | 15:12.75 |
| 48 | 283  | CHASSOT Frédéric      | 1989  | RLFS                  | 59:57.15   | 15:31.97 |
| 49 | 112  | GOHL Matthieu         | 1995  | Le Mont               | 1h00:28.58 | 16:03.40 |
| 50 | 152  | PEDRINI Grégoire      | 1981  | Penthaz               | 1h01:20.49 | 16:55.31 |
| 51 | 48   | JACCOUD Nicolas       | 1980  | Aumont                | 1h01:41.03 | 17:15.85 |
| 52 | 22   | JATON Norbert         | 1978  | footing club lausanne | 1h02:06.08 | 17:40.90 |
| 53 | 98   | MAGNIN Guy            | 1987  | CS Marsens            | 1h02:33.87 | 18:08.69 |
| 54 | 281  | CORREIA Daniel        | 1989  | Porsel                | 1h02:42.08 | 18:16.90 |
| 55 | 134  | BRESOLIN Lionel       | 1977  | Promasens             | 1h03:23.19 | 18:58.01 |
| 56 | 32   | ANDREY Benjamin       | 1992  | Le Pâquier            | 1h03:39.42 | 19:14.24 |
| 57 | 296  | CURTY Benoît          | 1977  | Chapelle              | 1h03:59.27 | 19:34.09 |
| 58 | 108  | DENERVAUD Claude      | 1979  | Bouloz                | 1h04:35.57 | 20:10.39 |
| 59 | 68   | GREMAUD Olivier       | 1988  | Villarod              | 1h04:50.97 | 20:25.79 |
| 60 | 56   | GERMANN Pascal        | 1980  | Morges                | 1h05:21.62 | 20:56.44 |
| 61 | 101  | SAMUEL Gilles         | 1978  | SwissPertrail         | 1h07:51.36 | 23:26.18 |
| 62 | 18   | BOZZOLO Sebastien     | 1981  | Attalens              | 1h08:05.80 | 23:40.62 |
| 63 | 279  | DOUSSE Quentin        | 1994  | Neyruz                | 1h08:35.25 | 24:10.07 |
| 64 | 64   | GUILLOCHON Christophe | 1978  | Promasens             | 1h09:19.65 | 24:54.47 |
| 65 | 278  | ROGER Frédéric        | 1978  | Corcelles             | 1h09:48.10 | 25:22.92 |
| 66 | 59   | MAILLARD Loïc         | 1988  | Porsel                | 1h11:17.30 | 26:52.12 |
| 67 | 128  | GONTHIER Joachim      | 1991  | Lovatens              | 1h14:20.53 | 29:55.35 |
| 68 | 38   | HUBER Carel           | 1984  | Morges                | 1h15:47.31 | 31:22.13 |
| 69 | 102  | MARGUERON Alain       | 1977  | Ski club Giblousia    | 1h26:15.24 | 41:50.06 |

## F20 Dames I / Damen I 1977 - 1996 12,5 Km

|    |     |                          |      |                       |            |          |
|----|-----|--------------------------|------|-----------------------|------------|----------|
| 1  | 241 | CHOLLET Maya             | 1987 | Stade Genève          | 52:42.51   |          |
| 2  | 276 | DONZALLAZ Nicole         | 1982 | Vaulruz               | 52:46.00   | 3.49     |
| 3  | 197 | SCHUMACHER Virginie      | 1978 | Trilogie Running Team | 55:34.67   | 2:52.16  |
| 4  | 238 | SCHUWEY Mylène           | 1995 | SC Im Fang            | 55:58.36   | 3:15.85  |
| 5  | 216 | OBERSON DERVEY Laetitia  | 1982 | Hauteville            | 56:36.81   | 3:54.30  |
| 6  | 271 | MORGADO Madalena         | 1978 | CA Portugais Fribourg | 57:20.92   | 4:38.41  |
| 7  | 186 | COLLIARD Laura           | 1988 | B3 Bulle Triathlon    | 58:15.57   | 5:33.06  |
| 8  | 201 | SEYDOUX Josepha          | 1989 | CS Vallée du Flon     | 1h00:02.38 | 7:19.87  |
| 9  | 236 | ULDRY Aline              | 1988 | CS Hauteville         | 1h01:21.67 | 8:39.16  |
| 10 | 172 | BRODARD GUILLET Nathalie | 1978 | Sansoucis             | 1h01:39.74 | 8:57.23  |
| 11 | 182 | RAUBER Gabriela          | 1992 | SC Im Fang            | 1h02:36.78 | 9:54.27  |
| 12 | 205 | NANCHEN Clémence         | 97   | BCVS Mount Asics Team | 1h02:43.47 | 10:00.96 |
| 13 | 221 | FLEURY Justine           | 1995 | CARC Romont           | 1h02:48.97 | 10:06.46 |
| 14 | 259 | CONUS Kathleen           | 1988 | CSVF                  | 1h03:40.83 | 10:58.32 |

## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

Catégories

| Cl | Dos. | Nom et prénom       | Année | Club / domicile       | Temps      | Ecart    |
|----|------|---------------------|-------|-----------------------|------------|----------|
| 15 | 226  | CALOZ Sabine        | 1995  | BCVS Mount Asics Team | 1h04:34.91 | 11:52.40 |
| 16 | 210  | PITTET Céline       | 1993  | CS Vallée du Flon     | 1h04:42.50 | 11:59.99 |
| 17 | 178  | AUDERGON Monique    | 1982  | La Joux               | 1h04:46.77 | 12:04.26 |
| 18 | 264  | RAEMY Nadia         | 1979  | La Joux               | 1h04:47.58 | 12:05.07 |
| 19 | 165  | GEORGES Pauline     | 1990  | Attalens              | 1h05:48.08 | 13:05.57 |
| 20 | 277  | GREMAUD Sylvie      | 1977  | Sâles                 | 1h06:35.96 | 13:53.45 |
| 21 | 157  | RIEDER Laure        | 1978  | Teysalpi              | 1h07:23.05 | 14:40.54 |
| 22 | 284  | DISERENS Céline     | 1984  | UHT Semsales          | 1h07:44.64 | 15:02.13 |
| 23 | 187  | BAUDOIS Fanny       | 1994  | CARC Romont           | 1h08:38.40 | 15:55.89 |
| 24 | 233  | ROULIN Elodie       | 1990  | CARC Romont           | 1h08:40.18 | 15:57.67 |
| 25 | 209  | PITTET Florianne    | 1985  | Baden                 | 1h08:57.25 | 16:14.74 |
| 26 | 228  | RAUBER Katja        | 99    | SC Im Fang            | 1h09:39.18 | 16:56.67 |
| 27 | 179  | GOBET PAPAUX Carole | 1979  | CARC Romont           | 1h12:35.66 | 19:53.15 |
| 28 | 288  | DEILLON Christine   | 1979  | La Joux               | 1h12:54.81 | 20:12.30 |
| 29 | 258  | EICHENBERGER Nicole | 1981  | Wohlen                | 1h14:21.80 | 21:39.29 |
| 30 | 193  | MONNEY Rachel       | 1996  | Mézières              | 1h16:08.72 | 23:26.21 |
| 31 | 176  | FRAGNIÈRE Emilie    | 1993  | SC Alpina             | 1h17:37.11 | 24:54.60 |
| 32 | 266  | MORAND Marie        | 1991  | Estavannens           | 1h18:03.27 | 25:20.76 |
| 33 | 265  | BOSSON Nadège       | 1991  | Rue                   | 1h18:03.71 | 25:21.20 |
| 34 | 200  | CARTIER Mathilde    | 1992  | Epalinges             | 1h20:11.35 | 27:28.84 |
| 35 | 191  | MICHELET Audrey     | 1993  | Ardon                 | 1h20:11.61 | 27:29.10 |
| 36 | 163  | PROGIN Jessica      | 1993  | Le Pâquier            | 1h23:39.91 | 30:57.40 |
| 37 | 227  | RAUBER Tanja        | 1993  | SC Im Fang            | 1h24:45.58 | 32:03.07 |
| 38 | 222  | CHASSOT Lucie       | 1982  | CS Marsens            | 1h30:03.63 | 37:21.12 |

**M40 Vétérans 1 / Veteran I 1967 - 1976 12,5 Km**

|    |     |                     |      |                       |          |          |
|----|-----|---------------------|------|-----------------------|----------|----------|
| 1  | 131 | COSTA Cesar         | 1976 | BCVS Mount Asics Team | 44:24.71 |          |
| 2  | 124 | MORGADO PEDRO Mario | 1975 | Courtaman             | 47:20.60 | 2:55.89  |
| 3  | 146 | CONUS Thierry       | 1976 | CS Vallée du Flon     | 48:08.65 | 3:43.94  |
| 4  | 470 | ODY Marcel          | 1967 | Cernier               | 49:41.08 | 5:16.37  |
| 5  | 60  | PICCAND Cédric      | 1975 | CAG Farvagny          | 51:11.68 | 6:46.97  |
| 6  | 97  | KESSLER Nicolas     | 1974 | CARC Romont           | 51:19.66 | 6:54.95  |
| 7  | 39  | ISLER Patrick       | 1969 | Altmann Sports        | 51:23.78 | 6:59.07  |
| 8  | 135 | PORCHET Patrik      | 1970 | SA Bulle              | 51:57.84 | 7:33.13  |
| 9  | 74  | MESOT Jean-Pierre   | 1969 | CS Vallée du Flon     | 52:27.26 | 8:02.55  |
| 10 | 17  | LAUBER Pascal       | 1971 | PLR                   | 52:41.03 | 8:16.32  |
| 11 | 99  | TCHEAU Alain        | 1969 | La Tour-De-Trême      | 52:47.13 | 8:22.42  |
| 12 | 90  | RICCIO Gianluca     | 1975 | VRRRC                 | 52:49.72 | 8:25.01  |
| 13 | 136 | ULDRY Marc          | 1975 | TRIVIERA              | 52:50.93 | 8:26.22  |
| 14 | 72  | ANÇAY Tarcis        | 1970 | BCVS Mount Asics Team | 53:10.60 | 8:45.89  |
| 15 | 242 | WICHT Patrick       | 1969 | Le Pâquier            | 55:56.67 | 11:31.96 |
| 16 | 244 | GENOUD Patrick      | 1969 | CS Marsens            | 55:59.42 | 11:34.71 |
| 17 | 125 | POCHON Frédéric     | 1973 | CS Hauteville         | 56:03.03 | 11:38.32 |
| 18 | 248 | FAVRE Sébastien     | 1970 | Pringy                | 56:32.95 | 12:08.24 |
| 19 | 300 | BOURQUI Benoît      | 1974 | CARC Romont           | 56:57.64 | 12:32.93 |
| 20 | 275 | PANCHAUD Norbert    | 1975 | Marsens               | 57:05.61 | 12:40.90 |
| 21 | 253 | ROBADEY Jacques     | 1967 | Fribourg              | 57:10.20 | 12:45.49 |

## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

Catégories

| Cl | Dos. | Nom et prénom        | Année | Club / domicile    | Temps      | Ecart    |
|----|------|----------------------|-------|--------------------|------------|----------|
| 22 | 106  | TARI Jean-Laurent    | 1972  | Fiaugères          | 58:03.12   | 13:38.41 |
| 23 | 8    | ODY Damien           | 1971  | CS Marsens         | 58:35.66   | 14:10.95 |
| 24 | 120  | KOLLY Pierre-André   | 1968  | FSG Sâles          | 58:56.88   | 14:32.17 |
| 25 | 153  | HEJDA Jean-Noël      | 1971  | Arconciel          | 59:12.70   | 14:47.99 |
| 26 | 130  | CLERC Thierry        | 1973  | Vuadens            | 59:38.36   | 15:13.65 |
| 27 | 291  | MARGOT Vincent       | 1968  | Athletica Oron     | 59:48.32   | 15:23.61 |
| 28 | 255  | PETITE Xavier        | 1970  | ACPMatran          | 59:50.88   | 15:26.17 |
| 29 | 243  | GILLER David         | 1972  | Cycles Passion     | 1h00:01.75 | 15:37.04 |
| 30 | 299  | OUMAZIZ Hamid        | 1968  | Châtel-St-Denis    | 1h00:46.01 | 16:21.30 |
| 31 | 251  | GACHET Yvan          | 1976  | Vauderens          | 1h01:03.83 | 16:39.12 |
| 32 | 297  | ZOSSO Francois       | 1968  | Pewee Team         | 1h01:09.38 | 16:44.67 |
| 33 | 148  | RUTSCHO Jean-Daniel  | 1967  | CS Marsens         | 1h01:25.59 | 17:00.88 |
| 34 | 45   | GOBET Yvan           | 1969  | FSG Sâles          | 1h01:38.26 | 17:13.55 |
| 35 | 261  | MENOUD Olivier       | 1972  | Romanens           | 1h03:45.75 | 19:21.04 |
| 36 | 273  | WYSSMÜLLER Martin    | 1969  | CS Marsens         | 1h03:54.47 | 19:29.76 |
| 37 | 154  | HONORÉ Guillaume     | 1975  | SA Bulle           | 1h04:13.71 | 19:49.00 |
| 38 | 298  | STUBY Claude-Alain   | 1968  | Palézieux          | 1h04:19.17 | 19:54.46 |
| 39 | 137  | DELABAYS Marc        | 1972  | CARC Romont        | 1h04:25.66 | 20:00.95 |
| 40 | 144  | SAVARY Laurent       | 1971  | CS Marsens         | 1h04:37.48 | 20:12.77 |
| 41 | 53   | RICHOZ Olivier       | 1969  | CS Vallée du Flon  | 1h05:04.92 | 20:40.21 |
| 42 | 66   | GALSTER Frédéric     | 1973  | Promasens          | 1h05:05.84 | 20:41.13 |
| 43 | 62   | CLAUSS Pierre        | 1967  | Riaz               | 1h08:09.16 | 23:44.45 |
| 44 | 127  | HASSLER Nicolas      | 1971  | FSG Sâles          | 1h08:26.22 | 24:01.51 |
| 45 | 76   | GACHET Philippe      | 1971  | Chavannes-De-Bogis | 1h08:30.22 | 24:05.51 |
| 46 | 141  | OBERSON José         | 1976  | CARC Romont        | 1h08:38.60 | 24:13.89 |
| 47 | 82   | BIFRARE Frédéric     | 1967  | CARC Romont        | 1h10:23.30 | 25:58.59 |
| 48 | 83   | MAYENCOURT Jean-Marc | 1974  | Vauderens          | 1h11:19.14 | 26:54.43 |
| 49 | 12   | PONCET Pierre-Yves   | 1970  | FSG Sâles          | 1h12:22.25 | 27:57.54 |
| 50 | 33   | OLIVEIRA Paulo       | 1975  | Châtel-St.-Denis   | 1h13:59.40 | 29:34.69 |
| 51 | 46   | MEICHTRY Daniel      | 1967  | Bubendorf          | 1h14:18.75 | 29:54.04 |
| 52 | 96   | HUBER Frédéric       | 1972  | Vaulruz            | 1h22:22.94 | 37:58.23 |

**F40 Dames II / Damen II 1967 - 1976 12,5 Km**

|    |     |                      |      |                   |            |          |
|----|-----|----------------------|------|-------------------|------------|----------|
| 1  | 180 | MOOSER Natacha       | 1976 | SC Im Fang        | 57:49.83   |          |
| 2  | 213 | CLERC Karine         | 1974 | Vuadens           | 59:20.55   | 1:30.72  |
| 3  | 290 | ULRICH Marjorie      | 1975 | CS Vallée du Flon | 59:52.80   | 2:02.97  |
| 4  | 206 | JOYE Karine          | 1969 | CARC Romont       | 1h00:53.08 | 3:03.25  |
| 5  | 202 | DÉCOTTERD Véréne     | 1975 | CS Marsens        | 1h02:17.13 | 4:27.30  |
| 6  | 199 | ARNAUD Raphaëlle     | 1976 | SA Bulle          | 1h02:45.56 | 4:55.73  |
| 7  | 220 | FLEURY Jeanine       | 1967 | CARC Romont       | 1h03:17.03 | 5:27.20  |
| 8  | 218 | SOTTAS Laurence      | 1976 | SC Im Fang        | 1h03:36.45 | 5:46.62  |
| 9  | 195 | GAPANY Laurette      | 1969 | CS Marsens        | 1h04:06.56 | 6:16.73  |
| 10 | 230 | PASQUIER Brigitte    | 1969 | FSG Sâles         | 1h04:33.27 | 6:43.44  |
| 11 | 239 | SCHEURER Isabelle    | 1972 | CARC Romont       | 1h05:37.71 | 7:47.88  |
| 12 | 173 | SCIBOZ WICHT Janique | 1969 | SA Bulle          | 1h06:02.64 | 8:12.81  |
| 13 | 190 | BRODARD Karine       | 1974 | Vuadens           | 1h06:59.63 | 9:09.80  |
| 14 | 164 | DUBOIS Florence      | 1976 | Vuisternens-Ogoz  | 1h07:50.05 | 10:00.22 |

## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

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|------|------|-------------------------|-------|-------------------------|------------|----------|
| 15   | 204  | MORISSETTI Muriel       | 1974  | New Concept Sports      | 1h08:17.87 | 10:28.04 |
| 16   | 225  | SAVARY Nicole           | 1970  | CS Marsens              | 1h08:20.98 | 10:31.15 |
| 17   | 234  | FRAGNIÈRE Ursula        | 1968  | CS Marsens              | 1h08:59.73 | 11:09.90 |
| 18   | 217  | CLAUSS Nathalie         | 1969  | Riaz                    | 1h10:22.04 | 12:32.21 |
| 19   | 184  | SCHUEPBACH Fabienne     | 1973  | Gumefens                | 1h10:22.34 | 12:32.51 |
| 20   | 272  | ALONSO Valérie          | 1970  | FSG Sâles               | 1h10:31.38 | 12:41.55 |
| 21   | 214  | DE RAEMY Sylvie         | 1971  | CS Marsens              | 1h11:27.11 | 13:37.28 |
| 22   | 183  | SONNEY Magalie          | 1975  | CS Vallée du Flon       | 1h11:29.50 | 13:39.67 |
| 23   | 189  | ROULIN Valentine        | 1975  | CS Marsens              | 1h12:48.85 | 14:59.02 |
| 24   | 219  | CLÉMENT RUTSCHO Natacha | 1975  | CS Marsens              | 1h13:17.08 | 15:27.25 |
| 25   | 262  | MENOUD Brigitte         | 1971  | Romanens                | 1h14:07.38 | 16:17.55 |
| 26   | 175  | JORDAN Mireille         | 1975  | Marsens                 | 1h15:24.09 | 17:34.26 |
| 27   | 158  | MORARD Fabienne         | 1972  | CS Marsens              | 1h16:21.43 | 18:31.60 |
| 28   | 224  | DROUIN Isabelle         | 1967  | Lausanne                | 1h22:01.04 | 24:11.21 |
| 29   | 229  | ROSSIER Francine        | 1974  | Ursy                    | 1h24:56.17 | 27:06.34 |
| 30   | 188  | ODY Valérie             | 1971  | CS Marsens              | 1h30:03.22 | 32:13.39 |
| 31   | 237  | REY Sylvie              | 1971  | Fête des enfants Lucens | 1h32:35.06 | 34:45.23 |

**M50 Vétérans 2 / Veteran 2 1957 - 1966 12,5 Km**

|    |     |                     |      |                       |            |          |
|----|-----|---------------------|------|-----------------------|------------|----------|
| 1  | 20  | GIANELLA Fabio      | 1965 | Lugnorre              | 51:31.50   |          |
| 2  | 250 | BARRAS Gilles       | 1961 | Farvagny              | 51:36.72   | 5.22     |
| 3  | 118 | PACHE Jean-Claude   | 1965 | CARC Romont           | 51:52.01   | 20.51    |
| 4  | 55  | PITTET André        | 1961 | CS Vallée du Flon     | 52:02.37   | 30.87    |
| 5  | 109 | WILHELM Christophe  | 1965 | VRRRC                 | 53:47.82   | 2:16.32  |
| 6  | 126 | KOLLY Eric          | 1966 | CAG Farvagny          | 53:52.50   | 2:21.00  |
| 7  | 268 | POROES Benjamin     | 1966 | CA Portugais Fribourg | 54:23.94   | 2:52.44  |
| 8  | 80  | BALMER Eric         | 1965 | SC Im Fang            | 54:42.86   | 3:11.36  |
| 9  | 41  | LUEKE Michael       | 1962 | SA Bulle              | 55:43.49   | 4:11.99  |
| 10 | 47  | TREZZINI Ricco      | 1966 | footing club lausanne | 55:57.80   | 4:26.30  |
| 11 | 107 | BIFRARE Jean-Pierre | 1958 | CS Marsens            | 56:08.81   | 4:37.31  |
| 12 | 61  | PASQUIER Benoît     | 1965 | FSG Sâles             | 56:52.68   | 5:21.18  |
| 13 | 14  | SEGHROUCHNI Hafid   | 1958 | Yverdon               | 56:55.89   | 5:24.39  |
| 14 | 79  | GRIVEL Jean-Louis   | 1964 | CS Marsens            | 57:47.08   | 6:15.58  |
| 15 | 92  | GACHOUD Frédéric    | 1966 | CS Vallée du Flon     | 58:42.86   | 7:11.36  |
| 16 | 145 | BOSSEL Claude       | 1960 | CARC Romont           | 1h00:05.15 | 8:33.65  |
| 17 | 114 | JORDAN Michel       | 1964 | CS Marsens            | 1h00:20.38 | 8:48.88  |
| 18 | 43  | SANTOS Amadeu       | 1964 | CA Portugais Fribourg | 1h00:27.92 | 8:56.42  |
| 19 | 30  | JOYE Philippe       | 1964 | CARC Romont           | 1h01:07.85 | 9:36.35  |
| 20 | 84  | MERTENAT Michel     | 1961 | Marly                 | 1h01:14.94 | 9:43.44  |
| 21 | 93  | GIRARD Alain        | 1957 | tpf                   | 1h01:26.30 | 9:54.80  |
| 22 | 257 | CARDINAUX Bertrand  | 1960 | Bouloz                | 1h01:43.86 | 10:12.36 |
| 23 | 156 | RICKLI Eric         | 1962 | Onex                  | 1h01:51.78 | 10:20.28 |
| 24 | 293 | NIQUILLE Pascal     | 1963 | SC Im Fang            | 1h01:53.92 | 10:22.42 |
| 25 | 2   | PAHUD Pierre-Alain  | 1966 | Henniez               | 1h02:12.03 | 10:40.53 |
| 26 | 129 | BUTTY Roger         | 1963 | Ecublens/FR           | 1h03:51.15 | 12:19.65 |
| 27 | 6   | DÉNERVAUD Dominique | 1962 | CARC Romont           | 1h05:10.75 | 13:39.25 |
| 28 | 100 | ANGÉLOZ Henri       | 1964 | CA Portugais Fribourg | 1h05:58.97 | 14:27.47 |



## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

Catégories

| Cl | Dos. | Nom et prénom     | Année | Club / domicile       | Temps      | Ecart    |
|----|------|-------------------|-------|-----------------------|------------|----------|
| 29 | 54   | FARDEL Pierrot    | 1960  | Promasens             | 1h06:49.11 | 15:17.61 |
| 30 | 155  | FLEURY Jacques    | 1963  | CARC Romont           | 1h07:01.70 | 15:30.20 |
| 31 | 245  | BRULHART Guy      | 1958  | CARC Romont           | 1h07:28.52 | 15:57.02 |
| 32 | 85   | CASTELLA Joseph   | 1962  | CS Neirivue           | 1h07:41.93 | 16:10.43 |
| 33 | 280  | DOUSSE Christian  | 1961  | Fribourg              | 1h08:33.89 | 17:02.39 |
| 34 | 142  | DRAPEL Bernard    | 1965  | Course des Taleines   | 1h09:37.68 | 18:06.18 |
| 35 | 16   | CHARRIERE Henri   | 1957  | St -Martin            | 1h11:07.64 | 19:36.14 |
| 36 | 15   | BARRAUD Vincent   | 1961  | CS Marsens            | 1h11:59.71 | 20:28.21 |
| 37 | 75   | GRANDJEAN Laurent | 1958  | Olympique de Genève   | 1h16:23.90 | 24:52.40 |
| 38 | 35   | CONNE Alain       | 1963  | Essertes              | 1h21:01.23 | 29:29.73 |
| 39 | 78   | VIONNET Pascal    | 1961  | Grandvaux             | 1h21:38.55 | 30:07.05 |
| 40 | 263  | BERARD Christian  | 1958  | Vauderens             | 1h24:11.83 | 32:40.33 |
| 41 | 149  | ROD Dominique     | 1966  | Footing Club Lausanne | 1h32:35.91 | 41:04.41 |

**F50 Dames III / Damen III 1966 et plus âgées 12,5 Km**

|    |     |                        |      |                   |            |          |
|----|-----|------------------------|------|-------------------|------------|----------|
| 1  | 168 | TERRAPON Georgette     | 1961 | CS Vallée du Flon | 1h02:46.65 |          |
| 2  | 177 | MONNEY Agathe          | 1960 | CARC Romont       | 1h08:34.54 | 5:47.89  |
| 3  | 161 | BACH Francine          | 1963 | CARC Romont       | 1h08:42.24 | 5:55.59  |
| 4  | 169 | GOMEZ Chantal          | 1962 | SC Im Fang        | 1h11:25.41 | 8:38.76  |
| 5  | 207 | BRUGGER Catherine      | 1963 | Villars-Sur-Glâne | 1h11:43.81 | 8:57.16  |
| 6  | 166 | BEAUD Françoise        | 1958 | CS Neirivue       | 1h15:57.37 | 13:10.72 |
| 7  | 159 | DÉNERVAUD Béatrice     | 1965 | CARC Romont       | 1h18:59.18 | 16:12.53 |
| 8  | 194 | NAHRATH-BEZZOLA Dorine | 1962 | Cheseaux          | 1h20:40.99 | 17:54.34 |
| 9  | 215 | VINCENT LOEWER Lyne    | 1965 | Promasens         | 1h22:01.58 | 19:14.93 |
| 10 | 256 | GARO Josette           | 1948 | CARC Romont       | 1h22:22.46 | 19:35.81 |
| 11 | 235 | GAVILLET Fabienne      | 1964 | CS Marsens        | 1h30:04.02 | 27:17.37 |
| 12 | 211 | HEJDA Eva              | 1948 | Fribourg          | 1h36:12.23 | 33:25.58 |
| 13 | 198 | LUDI Alice             | 1934 | CS Vallée du Flon | 1h57:04.95 | 54:18.30 |

**M60 Vétérans III / Veteran III 1956 et plus âgés 12,5 Km**

|    |     |                      |      |                   |            |          |
|----|-----|----------------------|------|-------------------|------------|----------|
| 1  | 113 | TERREAUX Bernard     | 1952 | CAG Farvagny      | 55:53.16   |          |
| 2  | 5   | VAUTHIER Patrick     | 1956 | ASPOSTE Neuchâtel | 56:13.24   | 20.08    |
| 3  | 88  | PICCAND Gabriel      | 1954 | CAG Farvagny      | 58:13.90   | 2:20.74  |
| 4  | 34  | MAURON Gérard        | 1956 | CARC Romont       | 59:33.73   | 3:40.57  |
| 5  | 21  | BUCHS Edi            | 1951 | SC Im Fang        | 1h01:24.93 | 5:31.77  |
| 6  | 139 | SUDAN Dominique      | 1954 | FSG Bulle         | 1h05:01.01 | 9:07.85  |
| 7  | 28  | GERMANN Christian    | 1952 | Vauderens         | 1h05:20.70 | 9:27.54  |
| 8  | 26  | ROSSEL Jean-Luc      | 1953 | Riaz              | 1h06:23.16 | 10:30.00 |
| 9  | 95  | DESCLOUX Marcel      | 1948 | CS Marsens        | 1h06:51.73 | 10:58.57 |
| 10 | 1   | BRAILLARD Gabriel    | 1949 | CS Vallée du Flon | 1h07:40.15 | 11:46.99 |
| 11 | 91  | PASQUIER Henri       | 1950 | CS Hauteville     | 1h08:47.20 | 12:54.04 |
| 12 | 57  | MICHEL Jean-Pierre   | 1953 | Courtepin         | 1h09:55.52 | 14:02.36 |
| 13 | 44  | CHAVAILLAZ Bernardin | 1943 | CAG Farvagny      | 1h10:13.33 | 14:20.17 |
| 14 | 249 | TERCIER Michel       | 1949 | Charmey           | 1h10:20.18 | 14:27.02 |
| 15 | 105 | CURRAT Christian     | 1954 | CS Vallée du Flon | 1h10:55.94 | 15:02.78 |

## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

Catégories

| Cl | Dos. | Nom et prénom      | Année | Club / domicile       | Temps      | Ecart    |
|----|------|--------------------|-------|-----------------------|------------|----------|
| 16 | 260  | PETRULLI Salvatore | 1946  | CA Portugais Fribourg | 1h18:44.43 | 22:51.27 |
| 17 | 116  | EGGIMANN Ruedi     | 1947  | Cloros Team           | 1h19:12.32 | 23:19.16 |
| 18 | 240  | CURRAT Marcel      | 1949  | CS Vallée du Flon     | 1h19:31.06 | 23:37.90 |
| 19 | 19   | MESSERLI Hervé     | 1953  | SA Bulle              | 1h19:35.50 | 23:42.34 |
| 20 | 52   | HEJDA Antonin      | 1945  | Fribourg              | 1h24:36.73 | 28:43.57 |

**PW Populaires /Walking / Nordic Walking 5,5 Km**

|    |     |                         |      |                              |          |          |
|----|-----|-------------------------|------|------------------------------|----------|----------|
| 1  | 447 | RUMO Simon              | 1995 | SA Bulle                     | 23:23.99 |          |
| 2  | 455 | SCHEDER Joël            | 1995 | CA Fribourg                  | 26:04.02 | 2:40.03  |
| 3  | 406 | GERBER Brigitte         | 1965 | 4Feet - Der Berner Laufladen | 29:37.71 | 6:13.72  |
| 4  | 439 | KROPF Stefan            | 1958 | 4Feet - Der Berner Laufladen | 29:38.28 | 6:14.29  |
| 5  | 462 | DEILLON Bibiane         | 1983 | CARC Romont                  | 30:04.69 | 6:40.70  |
| 6  | 459 | BRANDENBERGER Gwenaëlle | 1972 | CS Hauteville                | 30:35.52 | 7:11.53  |
| 7  | 453 | CHAPPUIS Michel         | 1954 | Fribourg                     | 32:45.20 | 9:21.21  |
| 8  | 449 | BERSET Solange          | 1952 | Belfaux                      | 33:03.20 | 9:39.21  |
| 9  | 469 | GAY Lara                | 2001 | SC Grattavache - Le Crêt     | 35:53.25 | 12:29.26 |
| 10 | 434 | HEJDA Daniel            | 1968 | Fribourg                     | 36:18.41 | 12:54.42 |
| 11 | 419 | CHATAGNY Marie          | 1991 | Massonnens                   | 37:58.60 | 14:34.61 |
| 12 | 458 | PILLOUD Ophélie         | 1990 | Broc                         | 38:59.51 | 15:35.52 |
| 13 | 412 | CORNU Jessica           | 1992 | Lovatens                     | 40:45.42 | 17:21.43 |
| 14 | 424 | BISCHOF Simon           | 1992 | Grand Conseil Fribourg       | 42:17.27 | 18:53.28 |
| 15 | 468 | GAY Dominique           | 1965 | SC Grattavache - Le Crêt     | 45:19.44 | 21:55.45 |
| 16 | 463 | MAILLARD Isabelle       | 1983 | CARC Romont                  | 45:42.37 | 22:18.38 |
| 17 | 451 | ANSERMET Christine      | 1964 | Montbrelloz                  | 48:00.58 | 24:36.59 |
| 18 | 464 | MICHELLOD Paul          | 1947 | Lausanne                     | 50:23.19 | 26:59.20 |
| 19 | 437 | GERMANN Rosmarie        | 1951 | Vauderens                    | 51:48.62 | 28:24.63 |
| 20 | 443 | BERNER Karin            | 1971 | Jongny                       | 52:33.27 | 29:09.28 |
| 21 | 471 | CUÉNOUD Noémie          | 2001 | Palézieux                    | 53:52.45 | 30:28.46 |
| 22 | 427 | BRAUNER Benoit          | 1964 | Les Trotteurs FULLY          | 53:59.53 | 30:35.54 |
| 23 | 441 | CUÉNOUD Marilyn         | 1976 | Palézieux                    | 54:03.84 | 30:39.85 |
| 24 | 407 | MENOUD Célia            | 2004 | Besencens                    | 54:32.30 | 31:08.31 |
| 25 | 404 | GUINCHARD HEJDA Martine | 1973 | Fribourg                     | 55:23.59 | 31:59.60 |
| 26 | 421 | SANTOS Annelore         | 1982 | Chavannes-Les-Forts          | 55:24.92 | 32:00.93 |
| 27 | 426 | JAQUIER Valérie         | 1991 | Villaraboud                  | 56:40.48 | 33:16.49 |
| 28 | 425 | PERROUD Christel        | 1978 | CARC Romont                  | 56:41.11 | 33:17.12 |
| 29 | 417 | MENOUD Gisèle           | 1951 | Besencens                    | 59:05.71 | 35:41.72 |

**M17 Cadets / Knaben 1999 - 2002 5,5 Km**

|   |     |                   |      |                   |          |         |
|---|-----|-------------------|------|-------------------|----------|---------|
| 1 | 416 | CURTY Thibault    | 1999 | CARC Romont       | 21:17.99 |         |
| 2 | 409 | TÂCHE Antoine     | 2002 | SA Bulle          | 22:27.85 | 1:09.86 |
| 3 | 414 | SAVARY Antonin    | 2002 | CS Marsens        | 22:44.74 | 1:26.75 |
| 4 | 401 | BULLIARD Thibault | 2002 | CS Hauteville     | 23:08.42 | 1:50.43 |
| 5 | 461 | MONNARD Steve     | 1999 | Porsel            | 24:14.29 | 2:56.30 |
| 6 | 411 | CURRAT Fabien     | 1999 | CS Vallée du Flon | 24:55.39 | 3:37.40 |
| 7 | 420 | MORARD Quentin    | 2001 | CS Marsens        | 24:56.03 | 3:38.04 |

## 40 ème Trophée de la Vallée du Flon 2016

Coupe " la Gruyère " &amp; Joker

## COURSE PEDESTRE POPULAIRE

Course à pieds

Résultats officiels

Catégories

| Cl | Dos. | Nom et prénom       | Année | Club / domicile          | Temps    | Ecart    |
|----|------|---------------------|-------|--------------------------|----------|----------|
| 8  | 415  | CURTY Arnaud        | 2001  | Villarimboud             | 24:57.26 | 3:39.27  |
| 9  | 454  | BERCHIER Guillaume  | 2000  | CS Hauteville            | 25:46.26 | 4:28.27  |
| 10 | 432  | HEJDA Nicolas       | 2000  | CA Rosé                  | 26:21.37 | 5:03.38  |
| 11 | 408  | PERRIN Vincent      | 2001  | SC Grattavache - Le Crêt | 28:49.37 | 7:31.38  |
| 12 | 456  | WYSSMÜLLER Baptiste | 2002  | CS Marsens               | 30:29.16 | 9:11.17  |
| 13 | 405  | FAVRE Jonathan      | 2000  | Pont                     | 32:35.18 | 11:17.19 |

**F17 Cadettes / Mädchen 1999 - 2002 5,5 Km**

|   |     |                   |      |                          |          |          |
|---|-----|-------------------|------|--------------------------|----------|----------|
| 1 | 452 | KOLLY Marie       | 1999 | CS Hauteville            | 26:54.32 |          |
| 2 | 435 | TOLLENAAR Camille | 1999 | B3 Bulle Triathlon       | 26:56.10 | 1.78     |
| 3 | 460 | BOVIGNY Elisa     | 2001 | SA Bulle                 | 29:25.25 | 2:30.93  |
| 4 | 466 | GREMION Pascaline | 2001 | SA Bulle                 | 29:27.32 | 2:33.00  |
| 5 | 467 | YERLY Emma        | 2001 | SA Bulle                 | 30:21.71 | 3:27.39  |
| 6 | 465 | YERLY Louise      | 1999 | SA Bulle                 | 31:38.40 | 4:44.08  |
| 7 | 410 | PERRIN Eloïse     | 2001 | SC Grattavache - Le Crêt | 32:02.25 | 5:07.93  |
| 8 | 418 | HEJDA Emilie      | 2002 | Fribourg                 | 55:24.35 | 28:30.03 |

**M19 Messieurs Juniors / Junioren 1997 - 1998 5,5 Km**

|   |     |                   |      |                          |          |         |
|---|-----|-------------------|------|--------------------------|----------|---------|
| 1 | 457 | PASQUIER Marc     | 1998 | FSG Sâles                | 21:51.37 |         |
| 2 | 450 | CARDINAUX Vincent | 1998 | CS Vallée du Flon        | 22:30.71 | 39.34   |
| 3 | 402 | GAY Bastien       | 1998 | SC Grattavache - Le Crêt | 23:16.40 | 1:25.03 |
| 4 | 431 | FAVRE Jérémie     | 1998 | Pont                     | 26:28.49 | 4:37.12 |

**F19 Dames Juniors / Juniorinnen 1997 - 1998 5,5 Km**

|   |     |                |      |                          |          |          |
|---|-----|----------------|------|--------------------------|----------|----------|
| 1 | 428 | POCHON Alina   | 1997 | CS Neirivue              | 23:21.01 |          |
| 2 | 413 | CONUS Laetitia | 1998 | Vuarmarens               | 27:30.25 | 4:09.24  |
| 3 | 433 | MESOT Mélodie  | 1997 | SC Grattavache - Le Crêt | 38:23.48 | 15:02.47 |