

4 ème COURSE DES 3 SAPINS 2017 Vaulruz

COURSE PEDESTRE POPULAIRE Coupe Fribourgeoise & Coupe La Gruyère Résultats officiels Catégories CF 2017

| Clit | Dos. | Nom et prénom | AN | Club/Domicile | Temps | Ecart |
|------|------|---------------|----|---------------|-------|-------|
|------|------|---------------|----|---------------|-------|-------|

FPO Poussines 2010 et plus jeunes / jünger 0,700 Km

| | | | | | | |
|----|-----|------------------|------|---------------|--------|--------|
| 1 | 911 | CLERC Anna | 2010 | Sa Bulle | 2:58.4 | |
| 2 | 903 | ROSSI Chiara | 2010 | Cs Hauteville | 3:14.2 | 15.8 |
| 3 | 934 | HEIMLICHER Lisa | 2011 | Latsense | 3:37.3 | 38.9 |
| 4 | 912 | TINGUELY Lomé | 2011 | Maules | 3:38.6 | 40.2 |
| 5 | 926 | MORET Romane | 2011 | Vuauruz | 4:01.7 | 1:03.3 |
| 6 | 913 | BOURQUI Mellie | 2011 | Vaulruz | 4:03.6 | 1:05.2 |
| 7 | 918 | CATTIN Margaux | 2012 | Vaulruz | 4:06.7 | 1:08.3 |
| 8 | 933 | RIZZO Alessandra | 2011 | Bulle | 4:07.1 | 1:08.7 |
| 9 | 924 | DUNAND Sara | 2010 | Le Crêt | 4:13.2 | 1:14.8 |
| 10 | 928 | PACHE Marine | 2012 | Carc Romont | 4:17.8 | 1:19.4 |
| 11 | 925 | DUNAND Nora | 2012 | Le Crêt | 4:18.3 | 1:19.9 |
| 12 | 936 | MENOUD Béatrice | 2011 | Fsg Sâles | 4:19.7 | 1:21.3 |
| 13 | 923 | BOURQUI Tam | 2012 | Hennens | 4:21.6 | 1:23.2 |
| 14 | 937 | ROUILLER Soré | 2013 | Vaulruz | 4:32.8 | 1:34.4 |
| 15 | 921 | BUCHS Noélie | 2013 | Vaulruz | 4:36.1 | 1:37.7 |
| 16 | 914 | BOURQUI Livia | 2013 | Vaulruz | 4:58.8 | 2:00.4 |
| 17 | 932 | DUMARTHERAY Erin | 2015 | Vuadens | 6:55.9 | 3:57.5 |

MPO Poussins 2010 et plus jeunes/ jünger 0,700 Km

| | | | | | | |
|----|-----|-------------------|------|---------------|--------|--------|
| 1 | 910 | OBERSON Arthur | 2010 | Sa Bulle | 2:53.3 | |
| 2 | 927 | ROZE Lucas | 2010 | Sankt-Anton | 2:55.2 | 1.9 |
| 3 | 917 | BARBEY Nohan | 2011 | | 3:06.0 | 12.7 |
| 4 | 908 | JENNY Fabio | 2012 | - | 3:12.8 | 19.5 |
| 5 | 919 | PORCHET Victor | 2010 | Sa Bulle | 3:15.1 | 21.8 |
| 6 | 935 | CHOLLET Fabio | 2011 | Vaulruz | 3:18.5 | 25.2 |
| 7 | 907 | SAUTEREL Brayane | 2010 | Vaulruz | 3:19.1 | 25.8 |
| 8 | 920 | BUCHS Loan | 2011 | Vaulruz | 3:24.8 | 31.5 |
| 9 | 931 | BERSET Bastian | 2011 | Vaulruz | 3:35.2 | 41.9 |
| 10 | 929 | RUFFIEUX Pierrick | 2010 | Vaulruz | 3:37.1 | 43.8 |
| 11 | 902 | REGAMEY Pierrick | 2012 | Maules | 3:47.2 | 53.9 |
| 12 | 904 | ROSSI Tobia | 2013 | Cs Hauteville | 4:05.5 | 1:12.2 |
| 13 | 922 | BRODARD Rémi | 2012 | Vaulruz | 4:07.7 | 1:14.4 |
| 14 | 905 | BRODARD Clément | 2014 | Vaulruz | 4:12.2 | 1:18.9 |
| 15 | 916 | SEYDOUX Romain | 2012 | Vaulruz | 4:19.1 | 1:25.8 |
| 16 | 906 | TINGUELY Eliam | 2013 | Maules | 4:31.8 | 1:38.5 |
| 17 | 930 | MORET Gaspard | 2012 | Maules | 4:38.2 | 1:44.9 |
| 18 | 909 | REY Maël | 2012 | Vaulruz | 4:38.7 | 1:45.4 |

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FEC Ecolières C / Schülerinnen C 2008 - 2009 1,100 Km

| | | | | | | |
|----|-----|------------------|------|------------------------|--------|--------|
| 1 | 771 | CURRAT Mathilde | 2009 | Essert | 4:19.7 | |
| 2 | 762 | JENNY Laura | 2009 | - | 4:25.0 | 5.3 |
| 3 | 761 | KERN Loane | 2008 | Vaulruz | 4:37.1 | 17.4 |
| 4 | 752 | PALAVESCU Emilia | 2009 | Vaulruz | 4:52.7 | 33.0 |
| 5 | 765 | BRODARD Elisa | 2009 | Vaulruz | 4:53.2 | 33.5 |
| 6 | 763 | CHASSOT Celia | 2009 | Châtel-Sur-Montsalvens | 5:02.0 | 42.3 |
| 7 | 772 | MENOUD Alice | 2009 | Fsg Sâles | 5:02.9 | 43.2 |
| 8 | 770 | GOBET Eva | 2008 | Vaulruz | 5:10.8 | 51.1 |
| 9 | 756 | NIDEGGER Lucie | 2009 | Sa Bulle | 5:16.4 | 56.7 |
| 10 | 769 | MENOUD Emmie | 2008 | Fsg Sâles | 5:21.9 | 1:02.2 |
| 11 | 766 | BOURQUI Tessa | 2009 | Hennens | 5:25.1 | 1:05.4 |

MEC Ecoliers C / Schüler C 2008 - 2009 1,100 Km

| | | | | | | |
|----|-----|------------------|------|----------|--------|--------|
| 1 | 760 | GREMAUD Baptiste | 2008 | Sa Bulle | 4:18.6 | |
| 2 | 755 | NICOLET Emile | 2008 | Sa Bulle | 4:36.9 | 18.3 |
| 3 | 758 | CATTIN Jules | 2009 | Sa Bulle | 4:42.9 | 24.3 |
| 4 | 759 | REGAMEY Quentin | 2009 | Sa Bulle | 4:43.8 | 25.2 |
| 5 | 767 | MORET Tristan | 2009 | Vaulruz | 4:45.8 | 27.2 |
| 6 | 764 | OSINGA Timeo | 2009 | Vaulruz | 4:46.4 | 27.8 |
| 7 | 768 | RUFFIEUX Rémi | 2008 | Vaulruz | 4:52.0 | 33.4 |
| 8 | 773 | ROUILLER Léon | 2009 | Vaulruz | 4:54.6 | 36.0 |
| 9 | 753 | OSINGA Noah | 2009 | Vaulruz | 4:58.4 | 39.8 |
| 10 | 757 | SEYDOUX Arnaud | 2009 | Vaulruz | 5:30.7 | 1:12.1 |

FEB Ecolières B /Schülerinnen B 2006 - 2007 1,600 Km

| | | | | | | |
|----|-----|--------------------|------|---------------|--------|--------|
| 1 | 668 | CURRAT Elise | 2006 | Cloros Team | 6:34.1 | |
| 2 | 661 | SAVARY Lomée | 2006 | Sa Bulle | 7:04.5 | 30.4 |
| 3 | 655 | KERN Alicia | 2006 | Vaulruz | 7:10.8 | 36.7 |
| 4 | 669 | PHARISA Line | 2006 | Cs Neirivue | 7:26.1 | 52.0 |
| 5 | 657 | MAGNIN Elodie | 2006 | Cs Hauteville | 7:29.5 | 55.4 |
| 6 | 666 | JACQUIER Noémie | 2007 | Vaulruz | 7:53.7 | 1:19.6 |
| 7 | 652 | CHRISTE Jade | 2007 | Vaulruz | 7:57.1 | 1:23.0 |
| 8 | 660 | RIZZO Francesca | 2007 | Sa Bulle | 7:59.5 | 1:25.4 |
| 9 | 665 | IEVA Lisboa | 2007 | Sa Bulle | 8:02.5 | 1:28.4 |
| 10 | 653 | BEAUD Charline | 2006 | Sa Bulle | 8:06.1 | 1:32.0 |
| 11 | 651 | SAUTEREL Auréliane | 2007 | Vaulruz | 8:28.0 | 1:53.9 |

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MEB Ecoliers B / Schüler B 2006 - 2007 1,600 Km

| | | | | | | |
|---|-----|--------------------|------|----------|--------|--------|
| 1 | 664 | BERSOT Florian | 2007 | Sa Bulle | 6:08.5 | |
| 2 | 662 | ROUVENAZ Guillaume | 2007 | Sa Bulle | 6:32.7 | 24.2 |
| 3 | 656 | OBERSON Théo | 2007 | Sa Bulle | 6:59.7 | 51.2 |
| 4 | 667 | GOBET Léo | 2006 | Vaulruz | 7:25.5 | 1:17.0 |
| 5 | 658 | PALAVESCU Mihai | 2006 | Vaulruz | 7:54.1 | 1:45.6 |

FEA Ecolières A / Schülerinnen A 2004 - 2005 2,100 Km

| | | | | | | |
|---|-----|-----------------|------|---------------|--------|--------|
| 1 | 552 | CURRAT Marie | 2004 | Cloros Team | 7:51.6 | |
| 2 | 553 | PANCHAUD Manon | 2005 | Cs Hauteville | 8:15.3 | 23.7 |
| 3 | 554 | CHOLLET Maureen | 2005 | Vaulruz | 9:51.9 | 2:00.3 |

MEA Ecoliers A / Schüler A 2004 - 2005 2,100 Km

| | | | | | | |
|---|-----|----------------|------|---------|---------|--------|
| 1 | 555 | MAKE Jordi | 2005 | Vaulruz | 9:40.1 | |
| 2 | 551 | MENOUD Bastien | 2005 | Vuadens | 11:06.5 | 1:26.4 |

FCB Cadettes B / Mädchen B 2002 - 2003 6,800 Km

| | | | | | | |
|---|-----|--------------|------|-------------|---------|--|
| 1 | 305 | CURRAT Sarah | 2003 | Cloros Team | 30:34.8 | |
|---|-----|--------------|------|-------------|---------|--|

MCB Cadets B / Knaben B 2002 - 2003 6,800 Km

| | | | | | | |
|---|-----|----------------|------|---------------|---------|--------|
| 1 | 312 | HENROTIN Max | 2002 | Cs Neirivue | 26:31.9 | |
| 2 | 313 | GENTILE Amine | 2003 | Team Tdl | 29:16.2 | 2:44.3 |
| 3 | 310 | KOLLY Thomas | 2003 | Cs Hauteville | 29:58.5 | 3:26.6 |
| 4 | 306 | CONUS Romain | 2002 | Vaulruz | 31:03.1 | 4:31.2 |
| 5 | 307 | HASSLER Adrien | 2003 | Sâles | 32:30.8 | 5:58.9 |

MCA Cadets A / Knaben A 2000 - 2001 6,800 Km

| | | | | | | |
|---|-----|------------------|------|-----------------|---------|------|
| 1 | 303 | GRANDJEAN Johann | 2001 | Cs Marsens | 26:32.2 | |
| 2 | 308 | PHILIPOONA Alec | 2000 | Tsv Rechthalten | 27:28.5 | 56.3 |

Walking/Nordic Walking tous 8,300 Km

| | | | | | | |
|---|-----|-------------------|------|----------------|-----------|--|
| 1 | 451 | OLUWAGBEMI Melvin | 1995 | Paris / France | 1h01:40.9 | |
|---|-----|-------------------|------|----------------|-----------|--|

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| 2 | 452 | PERNU Cathy | 1968 | Lussy | 1h05:54.0 | 4:13.1 |
| 3 | 453 | JORDAN Benoît | 1964 | Lussy | 1h06:01.2 | 4:20.3 |
| 4 | 454 | MAILLARD Isabelle | 1983 | Carc Romont | 1h12:04.3 | 10:23.4 |

F19 Dames Juniors / Juniorinnen 1998 - 1999 6,8 Km

| | | | | | | |
|---|-----|--------------|------|------------|---------|--------|
| 1 | 311 | KOLLY Marie | 1999 | Hauteville | 33:32.0 | |
| 2 | 302 | JUNGO Milena | 1998 | Latsense | 34:38.1 | 1:06.1 |

M19 Messieurs Juniors / Junioren 1998 - 1999 6,8 Km

| | | | | | | |
|---|-----|-------------------|------|-----------------|---------|--------|
| 1 | 301 | TORCHE Julien | 1999 | Tsv Rechthalten | 24:40.7 | |
| 2 | 309 | PHILIPONA Tristan | 1998 | Tsv Rechthalten | 27:12.7 | 2:32.0 |

F20 Dames I / Damen I 1978- 1997 10,5 Km

| | | | | | | |
|----|-----|-------------------------|------|--------------------------------|-----------|---------|
| 1 | 116 | JENNY Inge | 1978 | Tsvd/mahu | 44:32.2 | |
| 2 | 92 | Heimlicher Teres | 1985 | Latsense | 47:21.1 | 2:48.9 |
| 3 | 170 | SCHUWEY Mylene | 1995 | Sab | 47:49.2 | 3:17.0 |
| 4 | 171 | OBERSON-DERVEY Laetitia | 1982 | Fournitech | 47:50.1 | 3:17.9 |
| 5 | 93 | MORGADO Madalena | 1978 | Club Athlétique Portugais Frib | 48:03.6 | 3:31.4 |
| 6 | 39 | WAGEMESTER Inga | 1980 | Latsense | 48:22.4 | 3:50.2 |
| 7 | 181 | FRAGNIERE Emilie | 1993 | Cs Marsens | 51:25.6 | 6:53.4 |
| 8 | 135 | ULDRY Aline | 1988 | Cs Hauteville | 51:43.7 | 7:11.5 |
| 9 | 77 | FLEURY Justine | 1995 | Carc Romont | 52:23.3 | 7:51.1 |
| 10 | 201 | ZBINDEN Marianne | 1980 | Lat Sense | 54:27.5 | 9:55.3 |
| 11 | 142 | SAVARY Anne | 1978 | Fsg Sâles | 55:21.3 | 10:49.1 |
| 12 | 52 | BAUDOIS Fanny | 1994 | Carc Romont | 56:54.2 | 12:22.0 |
| 13 | 202 | GISLER Justine | 1989 | Team Clément | 57:05.3 | 12:33.1 |
| 14 | 182 | LIAUDET Hariett | 1991 | Jouxteus-Misery | 1h00:09.2 | 15:37.0 |
| 15 | 69 | MARCHON Valérie | 1986 | Riaz | 1h00:48.6 | 16:16.4 |
| 16 | 88 | REIS Catia | 1986 | Belfaux | 1h19:58.9 | 35:26.7 |
| 17 | 81 | ROSSANO Monica | 1994 | Fribourg | 1h19:59.4 | 35:27.2 |

F40 Dames II / Damen II 1968 - 1977 10,5 Km

| | | | | | | |
|---|-----|----------------------|------|-----------------|---------|--------|
| 1 | 161 | ZAHNO Regula | 1971 | Tsv Rechthalten | 43:55.1 | |
| 2 | 163 | SUDAN Nadia | 1974 | Sa Bulle | 49:28.4 | 5:33.3 |
| 3 | 15 | ISAAK-MAURON Evelyne | 1973 | Latsense | 49:41.0 | 5:45.9 |
| 4 | 154 | ULRICH Marjorie | 1975 | Csvf | 51:08.6 | 7:13.5 |
| 5 | 75 | GABAGLIO Emilia | 1975 | Ca Belfaux | 52:15.7 | 8:20.6 |

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|----|------|-------------------------|------|--------------------------------|-----------|---------|
| 6 | 100 | SILVA Anabela | 1973 | Club Athlétique Portugais Frib | 52:23.0 | 8:27.9 |
| 7 | 9 | DÉCOTTERD Véréne | 1976 | Cs Marsens | 53:10.4 | 9:15.3 |
| 8 | 87 | CARVALHO Conceição | 1973 | Club Athlétique Portugais Frib | 53:22.4 | 9:27.3 |
| 9 | 129 | SCHEURER Isabelle | 1972 | Carc Romont | 53:56.5 | 10:01.4 |
| 10 | 44 | PILLONEL Sylvie | 1972 | A Travers Cugy | 54:39.0 | 10:43.9 |
| 11 | 14 | BRODARD Karine | 1974 | Vuadens | 55:07.2 | 11:12.1 |
| 12 | 105 | NEUHAUS Brigitte | 1971 | Tsv Rechthalten | 55:10.5 | 11:15.4 |
| 13 | 143 | PASQUIER Brigitte | 1969 | Fsg Sâles | 55:49.8 | 11:54.7 |
| 14 | 112 | FRAGNIÈRE Ursula | 1968 | Cs Marsens | 55:53.9 | 11:58.8 |
| 15 | 119 | SAVARY Nicole | 1970 | Cs Marsens | 56:31.1 | 12:36.0 |
| 16 | 76 | ROULIN Valentine | 1975 | Cs Marsens | 57:42.9 | 13:47.8 |
| 17 | 91 | DE GASPARO Corinne | 1971 | Latsense | 59:02.2 | 15:07.1 |
| 18 | 146 | MENOUD Brigitte | 1971 | Fsg Sâles | 59:02.7 | 15:07.6 |
| 19 | 96 | CLÉMENT RUTSCHO Natacha | 1975 | Cs Marsens | 1h02:18.9 | 18:23.8 |
| 20 | 137 | DAVET Valérie | 1972 | At Cugy | 1h03:51.6 | 19:56.5 |
| 21 | 58 | LEHMANN Christine | 1970 | Latsense | 1h05:03.8 | 21:08.7 |
| 22 | 21 | KOLLY Anne | 1974 | Ca Gibloux | 1h05:19.8 | 21:24.7 |
| 23 | 184 | GRAND Marion | 1974 | Cag Farvagny | 1h06:47.2 | 22:52.1 |
| 24 | 115 | CHASSOT Muriel | 1971 | Châtel-Sur-Montsalvens | 1h37:23.9 | 53:28.8 |

F50 Dames III / Damen III 1958 - 1967 10,5 Km

| | | | | | | |
|---|-----|-------------------|------|--------------------------------|-----------|---------|
| 1 | 113 | TRABA Fatima | 1966 | Club Athlétique Portugais Frib | 50:19.5 | |
| 2 | 45 | JELK Antoinette | 1967 | Tsv Rechthalten | 51:20.0 | 1:00.5 |
| 3 | 20 | FLEURY Jeanine | 1967 | Carc Romont | 51:49.1 | 1:29.6 |
| 4 | 40 | SCHALLER Anita | 1962 | Ca Marly | 53:15.3 | 2:55.8 |
| 5 | 193 | ZURKINDEN Susanne | 1965 | Tafers | 55:25.2 | 5:05.7 |
| 6 | 7 | PROGIN Silvia | 1963 | Bulle | 1h05:56.5 | 15:37.0 |
| 7 | 63 | AYER Chantal | 1965 | Cag Farvagny | 1h06:55.2 | 16:35.7 |
| 8 | 97 | SCHENKER Lilian | 1965 | - | 1h09:01.1 | 18:41.6 |
| 9 | 199 | PAUCHARD Isabelle | 1958 | Acpm | 1h11:02.7 | 20:43.2 |

F60 Dames VI et moins / Damen VI 1957 und älter 10,5 Km

| | | | | | | |
|---|-----|-----------------|------|--------------------------------|-----------|---------|
| 1 | 153 | BRODARD Monique | 1956 | Rossens | 54:47.6 | |
| 2 | 83 | SILVA Maria | 1957 | Club Athlétique Portugais Frib | 1h03:40.0 | 8:52.4 |
| 3 | 3 | JUNGO Anita | 1952 | Latsense | 1h07:24.7 | 12:37.1 |

M20 Messieurs / Männer 1978 - 1997 10,5 Km

| | | | | | | |
|---|-----|-----------------|------|---------------|---------|--------|
| 1 | 160 | PILLER Jari | 1990 | Tsv Dudingén | 36:59.0 | |
| 2 | 1 | SCHOUWEY Jérémy | 1991 | Cs Hauteville | 38:02.6 | 1:03.6 |
| 3 | 157 | GIRARD Damien | 1992 | Carc Romont | 39:13.7 | 2:14.7 |

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| 4 | 155 | GREMAUD Simon | 1998 | Tsv Rechthalten | 40:08.0 | 3:09.0 |
| 5 | 187 | GLASSON François | 1997 | Jeunesse Riaz | 40:31.3 | 3:32.3 |
| 6 | 66 | GRIVEL Robin | 1996 | Cs Hauteville | 41:47.7 | 4:48.7 |
| 7 | 194 | PERISSET Claude | 1981 | Estavayer-Le-Lac | 42:49.2 | 5:50.2 |
| 8 | 188 | MAURON Vincent | 1984 | Carc Romont | 42:57.3 | 5:58.3 |
| 9 | 72 | STURNY Florian | 1982 | Latsense | 43:31.7 | 6:32.7 |
| 10 | 186 | SCHOUWEY Jonas | 1990 | La Tour-De-Trême | 43:40.4 | 6:41.4 |
| 11 | 22 | VONLANTHEN Yvan | 1985 | Tsv Rechthalten | 44:10.1 | 7:11.1 |
| 12 | 23 | SCHWAB Benjamin | 1982 | Latsense | 44:30.4 | 7:31.4 |
| 13 | 179 | PASQUIER Christophe | 1980 | Cs Marsens | 44:33.5 | 7:34.5 |
| 14 | 49 | VOGT Philippe | 1980 | Latsense | 44:35.0 | 7:36.0 |
| 15 | 6 | MORAND Benoît | 1978 | Broc | 45:23.9 | 8:24.9 |
| 16 | 172 | RIME Didier | 1978 | Fournitech/montagne Attitude | 45:27.5 | 8:28.5 |
| 17 | 71 | KOLLY Kévin | 1995 | Cs Hauteville | 45:52.2 | 8:53.2 |
| 18 | 149 | MAILLARD Jérôme | 1979 | Cloros Team | 46:02.4 | 9:03.4 |
| 19 | 86 | CORPATAUX Nicolas | 1978 | Farvagny | 46:06.6 | 9:07.6 |
| 20 | 90 | SEYDOUX Laurent | 1985 | Fsg Sâles | 46:17.8 | 9:18.8 |
| 21 | 192 | GREMAUD Maxime | 1991 | Jeunesse Riaz | 46:33.1 | 9:34.1 |
| 22 | 197 | MORY Etienne | 1990 | Villariaz | 46:55.6 | 9:56.6 |
| 23 | 203 | STRITT Laurent | 1990 | Lat Sense | 47:09.4 | 10:10.4 |
| 24 | 183 | MORAND Benoît | 1993 | Cs Le Pâquier | 47:27.7 | 10:28.7 |
| 25 | 177 | BAPST John | 1983 | Ca Farvagny | 48:07.9 | 11:08.9 |
| 26 | 180 | JOLLIET Julien | 1986 | Sa Bulle | 49:43.9 | 12:44.9 |
| 27 | 190 | MAGNIN Guy | 1987 | Cs Marsens | 51:08.1 | 14:09.1 |
| 28 | 36 | ANDREY Benjamin | 1992 | Cs Le Pâquier | 51:33.6 | 14:34.6 |
| 29 | 200 | CASTELLA Valentin | 1984 | Pringy | 51:42.0 | 14:43.0 |
| 30 | 24 | MONNEY Gaël | 1986 | Latsense | 53:04.6 | 16:05.6 |
| 31 | 189 | CHASSOT Raphaël | 1986 | Sorens | 53:12.5 | 16:13.5 |
| 32 | 141 | GRANDJEAN Dany | 1997 | Morlon Beach | 53:22.6 | 16:23.6 |
| 33 | 102 | FERNANDES Celso | 1978 | Club Athlétique Portugais Frib | 54:13.7 | 17:14.7 |
| 34 | 158 | MONNEY Thibaud | 1996 | Jeunesse La Joux | 54:53.7 | 17:54.7 |
| 35 | 175 | SCYBOZ Pierre | 1984 | Morlon Beach | 56:29.6 | 19:30.6 |
| 36 | 162 | CHARRIERE Florent | 1991 | La Dza Running Club | 57:52.9 | 20:53.9 |
| 37 | 191 | ROPRAZ Julien | 1987 | Gumefens | 59:01.5 | 22:02.5 |
| 38 | 80 | MERCIER Sébastien | 1978 | Maules | 59:27.5 | 22:28.5 |
| 39 | 140 | PYTHON Guillaume | 1990 | Cs Morlon Beach | 1h02:25.1 | 25:26.1 |

M40 Vétérans I / Veteran I 1968 - 1977 10,5 Km

| | | | | | | |
|---|-----|-------------------|------|--------------------------------|---------|--------|
| 1 | 126 | MORGADO Mario | 1975 | Club Athlétique Portugais Frib | 40:04.8 | |
| 2 | 168 | MESOT Jean-Pierre | 1969 | Csvf | 44:06.8 | 4:02.0 |
| 3 | 79 | PINELA Mario | 1969 | Club Athlétique Portugais Frib | 44:18.5 | 4:13.7 |
| 4 | 65 | POCHON Frederic | 1973 | Cs Hauteville | 45:30.7 | 5:25.9 |
| 5 | 11 | CHASSOT Sébastien | 1974 | La Sportiva | 45:43.0 | 5:38.2 |
| 6 | 74 | VONLANTHEN Daniel | 1972 | Cag Farvagny | 45:45.0 | 5:40.2 |

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| 7 | 46 | LÜTHI Oliver | 1973 | Latsense | 46:23.3 | 6:18.5 |
| 8 | 131 | SPICHER David | 1970 | Latsense | 47:04.6 | 6:59.8 |
| 9 | 109 | GEINOZ Alexandre | 1973 | Cs Neirivue | 47:14.3 | 7:09.5 |
| 10 | 125 | RECH Patrick | 1968 | Tsv Rechthalten | 47:52.9 | 7:48.1 |
| 11 | 17 | SANTOS Paulo | 1977 | Club Athlétique Portugais Frib | 47:58.2 | 7:53.4 |
| 12 | 145 | BOURQUI Benoît | 1974 | Carc Romont | 48:32.9 | 8:28.1 |
| 13 | 99 | KOLLY Olivier | 1973 | Ca Gibloux | 49:00.3 | 8:55.5 |
| 14 | 34 | BÜRGISSER Beat | 1971 | Latsense | 49:31.2 | 9:26.4 |
| 15 | 185 | ZURKINDEN Patrick | 1975 | Latsense | 49:48.3 | 9:43.5 |
| 16 | 111 | AEBY Patrik | 1972 | Ca Marly | 50:29.7 | 10:24.9 |
| 17 | 27 | PETITE Xavier | 1970 | Acpm Matran | 50:40.3 | 10:35.5 |
| 18 | 174 | PERRITAZ Joel | 1968 | Carc Romont | 51:13.3 | 11:08.5 |
| 19 | 195 | GUSSET Christophe | 1973 | Cabrayard | 51:38.3 | 11:33.5 |
| 20 | 139 | BIRBAUM Frédéric | 1977 | Vaulruz | 51:41.7 | 11:36.9 |
| 21 | 51 | BAECHLER Gilbert | 1970 | Tsv Rechthalten | 51:56.4 | 11:51.6 |
| 22 | 61 | VENTURA Antonio | 1968 | Acpm Matran | 52:58.7 | 12:53.9 |
| 23 | 107 | ZURBRÜGG Sandro | 1972 | Latsense | 53:05.7 | 13:00.9 |
| 24 | 147 | MENOUD Olivier | 1972 | Fsg Sâles | 53:49.5 | 13:44.7 |
| 25 | 85 | SAVARY Laurent | 1971 | Cs Marsens | 54:17.2 | 14:12.4 |
| 26 | 103 | NEVES Geraldo | 1975 | Club Athlétique Portugais Frib | 56:05.7 | 16:00.9 |
| 27 | 68 | HASSLER Nicolas | 1971 | Fsg Sâles | 57:34.7 | 17:29.9 |
| 28 | 73 | WAEELTI Albert | 1969 | Acpm Matran | 57:41.6 | 17:36.8 |
| 29 | 166 | PILLER Patrick | 1973 | Tsv Rechthalten | 57:47.2 | 17:42.4 |
| 30 | 150 | *SCYBOZ Pierre | 1971 | Csmb | 58:50.6 | 18:45.8 |
| 31 | 124 | SUDAN Stéphane | 1975 | Sa Bulle | 59:23.3 | 19:18.5 |
| 32 | 167 | REMY Patrick | 1974 | Gummenen | 1h00:47.3 | 20:42.5 |
| 33 | 70 | HUBER Frédéric | 1972 | Vaulruz | 1h06:19.7 | 26:14.9 |

M50 Vétérans II / Veteran II 1958 - 1967 10,5 Km

| | | | | | | |
|----|-----|-----------------------|------|--------------------------------|---------|--------|
| 1 | 64 | GUILLET Laurent | 1967 | Ca Marly | 42:46.5 | |
| 2 | 159 | GIANELLA Fabio | 1965 | Lugnorre | 43:13.8 | 27.3 |
| 3 | 173 | KOLLY Eric | 1966 | Cag Farvagny | 44:26.9 | 1:40.4 |
| 4 | 101 | PACHE Jean-Claude | 1965 | Team Castella Sport | 44:47.7 | 2:01.2 |
| 5 | 148 | SEYDOUX Martial | 1967 | Sc Le Cergny | 45:14.3 | 2:27.8 |
| 6 | 43 | POROES Benjamim | 1966 | Club Athlétique Portugais Frib | 46:13.8 | 3:27.3 |
| 7 | 176 | BROSI Markus | 1964 | Kallnach / Be | 46:18.1 | 3:31.6 |
| 8 | 136 | BACHMANN Jean-Bernard | 1962 | Ca Marly | 47:47.8 | 5:01.3 |
| 9 | 198 | ROBADEY Jacques | 1967 | Fsg Bulle | 48:15.5 | 5:29.0 |
| 10 | 8 | HAYOZ Erwin | 1963 | Club Athlétique Portugais Frib | 48:43.7 | 5:57.2 |
| 11 | 41 | WYSSSEN Alwin | 1962 | Tsv Rechthalten | 48:49.3 | 6:02.8 |
| 12 | 178 | CLEMENT Benoît | 1967 | Team Clément | 49:22.3 | 6:35.8 |
| 13 | 110 | SANTOS Amadeu | 1964 | Club Athlétique Portugais Frib | 49:53.2 | 7:06.7 |
| 14 | 122 | GRIVEL Jean-Louis | 1964 | Cs Marsens | 50:27.4 | 7:40.9 |
| 15 | 84 | JORDAN Michel | 1964 | Cs Marsens | 50:41.5 | 7:55.0 |

COURSE PEDESTRE POPULAIRE
Coupe Fribourgeoise & Coupe La Gruyère
Résultats officiels
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| Cl | Dos. | Nom et prénom | AN | Club/Domicile | Temps | Ecart |
|----|------|----------------------------|------|--------------------------------|-----------|---------|
| 16 | 54 | PERRITAZ Dominique | 1964 | Ca Marly | 50:53.4 | 8:06.9 |
| 17 | 169 | GACHOUD Frédéric | 1966 | Csvf | 52:14.5 | 9:28.0 |
| 18 | 19 | AYER Serge | 1965 | Cag Farvagny | 52:35.5 | 9:49.0 |
| 19 | 60 | RUTSCHO Jean-Daniel | 1967 | Cs Marsens | 54:07.4 | 11:20.9 |
| 20 | 10 | VON DER FORST Alexander | 1967 | Cag Farvagny | 54:14.4 | 11:27.9 |
| 21 | 98 | ANGÉLO Henri | 1964 | Club Athlétique Portugais Frib | 54:40.4 | 11:53.9 |
| 22 | 18 | ROMANENS Daniel | 1966 | Cs Marsens | 55:00.0 | 12:13.5 |
| 23 | 5 | FLEURY Jacques | 1963 | Carc Romont | 55:26.0 | 12:39.5 |
| 24 | 47 | FREIBURGHaus Philippe | 1964 | Acpm Matran | 55:47.5 | 13:01.0 |
| 25 | 78 | DAFFLON Henri | 1963 | Acpm Matran | 55:48.6 | 13:02.1 |
| 26 | 133 | CASTELLA Joseph | 1962 | Cs Neirivue | 55:53.5 | 13:07.0 |
| 27 | 165 | ZAHNO Elmar | 1966 | Tsv Rechthalten | 55:59.8 | 13:13.3 |
| 28 | 130 | BIFRARE Frederic | 1967 | Carc Romont | 56:34.8 | 13:48.3 |
| 29 | 4 | ANDREY Jean-Pierre | 1959 | Acpm Matran | 57:01.2 | 14:14.7 |
| 30 | 164 | FURST René | 1960 | Ac Murten | 57:22.4 | 14:35.9 |
| 31 | 128 | GOBET Didier | 1963 | Cag Farvagny | 59:06.4 | 16:19.9 |
| 32 | 120 | DE GASPARO Charles-Etienne | 1966 | Latsense | 59:07.7 | 16:21.2 |
| 33 | 151 | GENIN Pascal | 1965 | Vaulruz | 1h00:09.8 | 17:23.3 |
| 34 | 50 | SCHALLER Herbert | 1961 | Ca Marly | 1h01:48.6 | 19:02.1 |
| 35 | 152 | BUTTY Christian | 1965 | Fsg Sâles | 1h04:53.4 | 22:06.9 |
| 36 | 53 | WAEBER René | 1959 | Latsense | 1h08:24.3 | 25:37.8 |

M60 Vétérans III / Veteran III 1948 - 1957 10,5 Km

| | | | | | | |
|----|-----|--------------------|------|--------------------------------|-----------|---------|
| 1 | 117 | CHAPPUIS Michel | 1954 | Cag Farvagny | 49:13.6 | |
| 2 | 32 | BOUCHER Gilles | 1957 | Ca Belfaux | 49:40.0 | 26.4 |
| 3 | 104 | SCHENKER Toni | 1956 | - | 49:41.5 | 27.9 |
| 4 | 123 | PICCAND Gabriel | 1954 | Cag Farvagny | 49:56.0 | 42.4 |
| 5 | 28 | STRITT Karl | 1950 | Latsense | 52:12.3 | 2:58.7 |
| 6 | 196 | MAURON Gérard | 1956 | Carc Romont | 52:43.1 | 3:29.5 |
| 7 | 42 | ZBINDEN Josef | 1948 | Latsense | 53:32.8 | 4:19.2 |
| 8 | 106 | GRECA Josef | 1957 | Cag Farvagny | 53:53.1 | 4:39.5 |
| 9 | 57 | GIRARD Alain | 1957 | Club Tpf | 54:03.7 | 4:50.1 |
| 10 | 56 | SANTOS Celestino | 1955 | Club Athlétique Portugais Frib | 54:24.9 | 5:11.3 |
| 11 | 2 | ZBINDEN Marius | 1950 | Latsense | 55:02.6 | 5:49.0 |
| 12 | 25 | ZBINDEN Hermann | 1953 | Latsense | 55:05.4 | 5:51.8 |
| 13 | 62 | MICHEL Rémy | 1957 | Club Athlétique Portugais Frib | 55:25.5 | 6:11.9 |
| 14 | 138 | DESCLOUX Marcel | 1948 | Cs Marsens | 55:36.6 | 6:23.0 |
| 15 | 29 | KÜFFER Walter | 1952 | Latsense | 56:11.0 | 6:57.4 |
| 16 | 31 | PAUCHARD Bruno | 1949 | Tv Bösinggen | 56:21.3 | 7:07.7 |
| 17 | 89 | HIRSCHI Hans-Peter | 1957 | Ca Belfaux | 56:53.8 | 7:40.2 |
| 18 | 144 | TERCIER Michel | 1949 | Charmey | 1h00:28.4 | 11:14.8 |
| 19 | 156 | KOLLY Daniel | 1957 | Cag Farvagny | 1h01:41.9 | 12:28.3 |

COURSE PEDESTRE POPULAIRE
Coupe Fribourgeoise & Coupe La Gruyère
Résultats officiels
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| Cl | Dos. | Nom et prénom | AN | Club/Domicile | Temps | Ecart |
|----|------|---------------|----|---------------|-------|-------|
|----|------|---------------|----|---------------|-------|-------|

M70 Vétérans VI et avant / Veteran VI 1947 und älter 10,5 Km

| | | | | | | |
|---|-----|--------------------|------|--------------------------------|-----------|--------|
| 1 | 121 | ROBADEY Felix | 1944 | Cloros Team | 1h06:29.5 | |
| 2 | 94 | EGGIMANN Ruedi | 1947 | Cloros Team | 1h07:39.4 | 1:09.9 |
| 3 | 59 | PETRULLI Salvatore | 1946 | Club Athlétique Portugais Frib | 1h14:51.1 | 8:21.6 |
| 4 | 48 | TISSOT Michel | 1947 | Fsg Broc | 1h15:02.9 | 8:33.4 |

Populaires Dames 6,8 Km

| | | | | | | |
|---|-----|---------------------|------|------------------|---------|--------|
| 1 | 354 | GOBET Sylvia | 1982 | Morlon | 36:33.5 | |
| 2 | 367 | JATON Charlotte | 1991 | La Tour-De-Trême | 37:24.7 | 51.2 |
| 3 | 364 | CASTELLA Christelle | 1977 | | 40:58.8 | 4:25.3 |

Populaires Hommes 6,8 Km

| | | | | | | |
|---|-----|-------------------------|------|------------------|---------|--------|
| 1 | 366 | HENROTIN Louis | 1974 | Cs Neirivue | 28:55.3 | |
| 2 | 363 | GENTILE Samir | 1993 | Team Tdl | 29:11.2 | 15.9 |
| 3 | 355 | BOSSEL Jean-Noël | 1959 | Tpf | 30:04.4 | 1:09.1 |
| 4 | 352 | BOURQUENOU Jean-Jacques | 1961 | Veyrier | 32:53.1 | 3:57.8 |
| 5 | 365 | JACOT Laurent | 1965 | La Tour-De-Trême | 33:39.7 | 4:44.4 |