

| Clit | No. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
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F19 Juniores/Juniorinnen (2007-2010)

| | | | | | | | | |
|---|----|-------------|------|-----|------------------------|-----------------------|----------------|--|
| 1 | 84 | Cuche Lucia | 2008 | F19 | Corcelles-Près-Payerne | CA PORTUGAIS FRIBOURG | 55:39.5 | |
|---|----|-------------|------|-----|------------------------|-----------------------|----------------|--|

F20 Dames/Damen (1987-2006)

| | | | | | | | | |
|----|-----|-----------------------|------|-----|-------------------|-----------------------|------------------|---------|
| 1 | 285 | Meili Rahel | 1990 | F20 | Bern | ST Bern | 37:30.5 | |
| 2 | 17 | Poffet Rachel | 1989 | F20 | Tafers | LAT Sense | 38:53.4 | 1:22.9 |
| 3 | 280 | Chevillard Lou-Salomé | 2005 | F20 | Arconciel | CA PORTUGAIS FRIBOURG | 41:25.4 | 3:54.9 |
| 4 | 225 | Chofflon Salomé | 1999 | F20 | Farvagny | CAG Farvagny | 43:27.6 | 5:57.1 |
| 5 | 229 | Bucher Nadège | 1991 | F20 | Givisiez | | 45:02.1 | 7:31.6 |
| 6 | 353 | Cercamondi Sabine | 1987 | F20 | | ST Bern | 46:48.6 | 9:18.1 |
| 7 | 323 | Christen Nadja | 1991 | F20 | Gettnau | LR Gettnau | 48:08.1 | 10:37.6 |
| 8 | 141 | Rotzetter Monja | 1990 | F20 | Brünisried | | 48:16.9 | 10:46.4 |
| 9 | 42 | Cudré-Mauroux Laurine | 2004 | F20 | Autigny | CA Rosé | 48:23.7 | 10:53.2 |
| 10 | 91 | Brügger Irina | 1995 | F20 | Neuenegg | | 48:47.0 | 11:16.5 |
| 11 | 246 | Minniti Valérie | 1988 | F20 | Autavaux | CA PORTUGAIS FRIBOURG | 48:52.0 | 11:21.5 |
| 12 | 178 | Ekdahl Malin | 1987 | F20 | Aarau | smrun / LG Niederamt | 49:57.0 | 12:26.5 |
| 13 | 20 | Burckhardt Valérie | 1995 | F20 | Schliern B. Köniz | | 50:59.9 | 13:29.4 |
| 14 | 21 | Oswald Zora | 1996 | F20 | Bern | | 51:00.4 | 13:29.9 |
| 15 | 375 | Lauper Sarah | 2005 | F20 | Plasselb | | 52:40.4 | 15:09.9 |
| 16 | 118 | Nicolet Célia | 1989 | F20 | Ecuvillens | CAG Farvagny | 52:58.0 | 15:27.5 |
| 17 | 35 | Bösiger Lisa | 1992 | F20 | Oberdiessbach | | 54:12.1 | 16:41.6 |
| 18 | 51 | Pellissier Léa | 1991 | F20 | Fribourg | CA Marly | 55:22.8 | 17:52.3 |
| 19 | 231 | Martial Estelle | 1991 | F20 | Blonay | CA PORTUGAIS FRIBOURG | 56:09.6 | 18:39.1 |
| 20 | 406 | Roulier Charlene | 1995 | F20 | Bellerive | | 57:47.2 | 20:16.7 |
| 21 | 41 | Bachmann Célia | 1997 | F20 | Marly | CA Marly | 59:24.1 | 21:53.6 |
| 22 | 44 | Trachsel Celine | 1989 | F20 | Laupen | | 59:34.8 | 22:04.3 |
| 23 | 43 | Köhler Iris | 1988 | F20 | Bösingen | | 59:35.3 | 22:04.8 |
| 24 | 319 | Filippin Charlene | 1989 | F20 | Villaz-St-Pierre | | 1h00:49.1 | 23:18.6 |
| 25 | 170 | Noëlle Winkler Noëlle | 1997 | F20 | Schmitten Fr | | 1h04:31.8 | 27:01.3 |
| 26 | 189 | Wingeier Chantal | 1992 | F20 | Schönbühl | | 1h04:32.3 | 27:01.8 |

F40 Dames/Damen (1977-1986)

| | | | | | | | | |
|----|-----|-------------------|------|-----|----------------------|---------------------------|----------------|---------|
| 1 | 208 | Heimlicher Teres | 1985 | F40 | Rechthalten | Athletic Team Rechthalten | 39:04.7 | |
| 2 | 236 | Morgado Madalena | 1978 | F40 | Courtepin | CA PORTUGAIS FRIBOURG | 40:55.1 | 1:50.4 |
| 3 | 126 | Lecourt Sophie | 1983 | F40 | Fribourg | | 41:48.4 | 2:43.7 |
| 4 | 56 | Almeida Laetitia | 1985 | F40 | Noreaz | CA PORTUGAIS FRIBOURG | 42:37.3 | 3:32.6 |
| 5 | 179 | Van Wyk Monika | 1982 | F40 | Corminboeuf | LAT Sense | 43:54.2 | 4:49.5 |
| 6 | 310 | Simon Christelle | 1977 | F40 | Fribourg | CAG Farvagny | 44:00.7 | 4:56.0 |
| 7 | 416 | Krebs Karin | 1981 | F40 | Düdingen | LAT Sense | 44:36.4 | 5:31.7 |
| 8 | 329 | Schafer Daniela | 1981 | F40 | Alterswil | LAT Sense | 49:16.0 | 10:11.3 |
| 9 | 134 | Allouche Florence | 1978 | F40 | Schindellegi | | 49:16.6 | 10:11.9 |
| 10 | 284 | Glauser Mirjana | 1986 | F40 | Laupen | TV Bösingen | 49:27.5 | 10:22.8 |
| 11 | 267 | Pinto Patricia | 1983 | F40 | St-Martin | CS Vallée du Flon | 50:11.4 | 11:06.7 |
| 12 | 112 | Margueron Nicole | 1981 | F40 | Villarsel-Le-Gibloux | CAG Farvagny | 50:23.1 | 11:18.4 |

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| 13 | 187 | Santos Silvia | 1986 | F40 | Chénens | CAG Farvagny | 50:28.8 | 11:24.1 |
| 14 | 397 | Nydegger Regina | 1982 | F40 | Düdingen | LAT Sense | 50:39.0 | 11:34.3 |
| 15 | 157 | Jallageas Marie-Laure | 1986 | F40 | Bösingen | | 50:41.3 | 11:36.6 |
| 16 | 163 | Gerard Marie-Aline | 1979 | F40 | Marly | CA Marly | 52:02.3 | 12:57.6 |
| 17 | 103 | Sansonens Edmée-Angeline | 1982 | F40 | Marly | Athletic Team Rechthalten | 54:37.9 | 15:33.2 |
| 18 | 202 | Lima Vanessa | 1986 | F40 | Givisiez | CA PORTUGAIS FRIBOURG | 55:42.4 | 16:37.7 |
| 19 | 193 | Fahrije Morina Fahrije | 1986 | F40 | Domdidier | CA Broyard | 1h04:05.1 | 25:00.4 |

F50 Dames/Damen (1967-1976)

| | | | | | | | | |
|----|-----|------------------------------|------|-----|------------------------|-----------------------|-----------|---------|
| 1 | 185 | Sudan Nadia | 1974 | F50 | Vaulruz | CAG Farvagny | 39:59.6 | |
| 2 | 205 | Suter Valérie | 1976 | F50 | Fribourg | CA Rosé | 42:34.1 | 2:34.5 |
| 3 | 290 | Fleury Jeanine | 1967 | F50 | Villarimboud | CARC Romont | 46:55.2 | 6:55.6 |
| 4 | 399 | Scheidegger Therese | 1971 | F50 | Niederbipp | SM RUN | 47:41.1 | 7:41.5 |
| 5 | 239 | Da Silva Anabela | 1973 | F50 | Sugiez | CA PORTUGAIS FRIBOURG | 48:49.8 | 8:50.2 |
| 6 | 184 | Casati Martine | 1974 | F50 | Rossens | CAG Farvagny | 49:24.9 | 9:25.3 |
| 7 | 333 | Philipona Christine | 1972 | F50 | Vuippens | CS Marsens | 49:33.1 | 9:33.5 |
| 8 | 33 | Gardoni Bénédicte | 1967 | F50 | Marly | CA Portugais/ sm run | 50:13.2 | 10:13.6 |
| 9 | 243 | Menchini Maureen | 1972 | F50 | Murten | CA PORTUGAIS FRIBOURG | 50:30.6 | 10:31.0 |
| 10 | 232 | Dubey Claudia | 1974 | F50 | Fétigny | CA PORTUGAIS FRIBOURG | 50:37.1 | 10:37.5 |
| 11 | 253 | Carvalho Conceição | 1973 | F50 | Fribourg | CA PORTUGAIS FRIBOURG | 51:20.9 | 11:21.3 |
| 12 | 195 | Müller Monika | 1975 | F50 | Ostermundigen | TV Bösingen | 53:06.2 | 13:06.6 |
| 13 | 263 | Ribeiro Fatima | 1974 | F50 | Thun | CA PORTUGAIS FRIBOURG | 53:21.1 | 13:21.5 |
| 14 | 417 | Bangeter Maja | 1975 | F50 | Neuenegg | | 54:09.3 | 14:09.7 |
| 15 | 86 | De Gasparo Corinne | 1971 | F50 | Schmitten | | 54:22.7 | 14:23.1 |
| 16 | 40 | Vuitel-Burgy Marie-Christine | 1976 | F50 | Villaz-St-Pierre | CARC Romont | 54:45.5 | 14:45.9 |
| 17 | 81 | Cochard Sarah | 1973 | F50 | Corpataux | CAG Farvagny | 54:49.8 | 14:50.2 |
| 18 | 83 | Cuche Christel | 1972 | F50 | Corcelles-Près-Payerne | CA PORTUGAIS FRIBOURG | 56:31.0 | 16:31.4 |
| 19 | 371 | Baer Ursula | 1967 | F50 | Hägendorf | smrun | 57:45.5 | 17:45.9 |
| 20 | 244 | Herren Esther | 1968 | F50 | Lurtigen | TV Bösingen | 59:21.9 | 19:22.3 |
| 21 | 258 | Monney Myriam | 1970 | F50 | Givisiez | CA PORTUGAIS FRIBOURG | 1h00:06.5 | 20:06.9 |
| 22 | 153 | Wenk Judith | 1970 | F50 | Bösingen | | 1h00:18.4 | 20:18.8 |
| 23 | 96 | Pinho Christine | 1970 | F50 | Farvagny | CAG Farvagny / smrun | 1h11:59.9 | 32:00.3 |

F60 Dames/Damen (1966 et plus âgées/älter)

| | | | | | | | | |
|----|-----|-----------------------|------|-----|-----------------------|-------------------|-----------|---------|
| 1 | 224 | Kaufmann Monika | 1958 | F60 | Muhen | smrun | 44:06.3 | |
| 2 | 53 | Traba Martinez Fatima | 1966 | F60 | Fribourg | LAT Sense | 46:58.1 | 2:51.8 |
| 3 | 88 | Sallin Marianne | 1963 | F60 | Villars-Sur-Glâne | LAT Sense /SM Run | 49:23.0 | 5:16.7 |
| 4 | 295 | Ayer Chantal | 1965 | F60 | Farvagny | CAG Farvagny | 50:27.4 | 6:21.1 |
| 5 | 34 | Marti Ursula P. | 1960 | F60 | Stettlen | LV95b | 50:50.0 | 6:43.7 |
| 6 | 275 | Bernhard Esther | 1965 | F60 | Schlieren | | 51:52.6 | 7:46.3 |
| 7 | 173 | Bucher Rita | 1960 | F60 | Hermetschwil-Staffeln | SM RUN | 52:43.5 | 8:37.2 |
| 8 | 407 | Perreten Heidi | 1960 | F60 | Zweisimmen | | 54:24.3 | 10:18.0 |
| 9 | 283 | Lips Susanne | 1963 | F60 | Bäriswil | smrun | 1h05:40.7 | 21:34.4 |
| 10 | 121 | Tan Siew | 1946 | F60 | Dietikon | smrun | 1h12:56.6 | 28:50.3 |

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| M19 Juniors/Junioren (2007-2010) | | | | | | | | |
| 1 | 335 | Lehmann Jean-Luc | 2008 | M19 | Gstaad | | 36:03.3 | |
| M20 Vétérans/Veteranen (1987-2006) | | | | | | | | |
| 1 | 137 | Pfanner Michael | 1987 | M20 | Sugiez | Triathlon Oberwallis | 32:00.2 | |
| 2 | 95 | Schouwey Jérémy | 1991 | M20 | Neirivue | CS Broc / Trilogie Sport | 32:09.4 | 9.2 |
| 3 | 411 | Monney Arnaud | 2002 | M20 | Corpataux | CAG Farvagny | 32:38.2 | 38.0 |
| 4 | 65 | Philipona Alec | 2000 | M20 | Rechthalten | Athletic Team Rechthalten | 32:57.2 | 57.0 |
| 5 | 227 | Driever Wout | 1989 | M20 | Schwarzenburg | Thömus by Wyss Training | 33:03.4 | 1:03.2 |
| 6 | 401 | Tefera Mekonen | 1992 | M20 | Nidau | TVL | 33:10.1 | 1:09.9 |
| 7 | 337 | Chofflon Corentin | 2004 | M20 | Farvagny | CAG Farvagny | 35:02.4 | 3:02.2 |
| 8 | 92 | Philipona Tristan | 1998 | M20 | Rechthalten | Athletic Team Rechthalten | 36:11.1 | 4:10.9 |
| 9 | 282 | Guillebeau Noël | 2004 | M20 | Tafers | LAT Sense | 36:18.3 | 4:18.1 |
| 10 | 29 | Grivel Robin | 1996 | M20 | Avry-Devant-Pont | CS Le Pâquier | 36:38.3 | 4:38.1 |
| 11 | 60 | Uliwabo Chris | 1993 | M20 | Baden | | 36:42.1 | 4:41.9 |
| 12 | 388 | Gremaud Maxime | 1991 | M20 | Grandvillard | CS Broc | 37:18.2 | 5:18.0 |
| 13 | 87 | Aebischer Simon | 1990 | M20 | Freimettigen | | 38:38.4 | 6:38.2 |
| 14 | 140 | Rey Lionel | 1993 | M20 | Cugy | A Travers Cugy | 39:05.5 | 7:05.3 |
| 15 | 234 | Santos Hugo | 1996 | M20 | Le Mouret | CA PORTUGAIS FRIBOURG | 39:20.7 | 7:20.5 |
| 16 | 105 | Etter Edi | 1990 | M20 | Ried Bei Kerzers | TV Länggasse Bern | 40:18.7 | 8:18.5 |
| 17 | 256 | Kaehr Nathanaël | 1999 | M20 | Morens | CA PORTUGAIS FRIBOURG | 40:55.7 | 8:55.5 |
| 18 | 61 | Herren Jan | 1992 | M20 | Laupen | | 42:08.4 | 10:08.2 |
| 19 | 164 | Bertschy Marc | 1987 | M20 | Heitenried | LAT Sense | 43:06.6 | 11:06.4 |
| 20 | 257 | Minder Julian | 2002 | M20 | Rizenbach | SC Wileroltigen | 43:27.2 | 11:27.0 |
| 21 | 398 | Stritt Laurent | 1990 | M20 | Tafers | LAT Sense | 43:28.2 | 11:28.0 |
| 22 | 156 | Jallageas Antoine | 1987 | M20 | Bösingen | | 43:47.1 | 11:46.9 |
| 23 | 288 | Capdeboscq Hugo | 2000 | M20 | Tavel | | 44:16.4 | 12:16.2 |
| 24 | 31 | Aebischer Cyrill | 1999 | M20 | Fribourg | | 45:46.5 | 13:46.3 |
| 25 | 16 | Fernandes Luís | 1988 | M20 | Avenches | CA PORTUGAIS FRIBOURG | 45:54.2 | 13:54.0 |
| 26 | 245 | Monsec Marc | 1989 | M20 | Autavaux | CA PORTUGAIS FRIBOURG | 46:04.0 | 14:03.8 |
| 27 | 90 | Dorthe Anthony | 1992 | M20 | Düdingen | | 48:24.8 | 16:24.6 |
| 28 | 400 | Stauffer Fabian | 1987 | M20 | Neuenegg | | 49:48.9 | 17:48.7 |
| 29 | 111 | Freiburghaus Sylvain | 1993 | M20 | La Corbaz | | 50:04.8 | 18:04.6 |
| 30 | 251 | Coelho Joaquim | 1988 | M20 | Pensier | CA PORTUGAIS FRIBOURG | 51:22.1 | 19:21.9 |
| 31 | 48 | Schürch Mathias | 1987 | M20 | Steffisburg | | 51:26.3 | 19:26.1 |
| 32 | 414 | Schneuwly Valentin | 1997 | M20 | Wünnewil | LAT Sense | 59:19.7 | 27:19.5 |
| M40 Vétérans/Veteranen (1977-1986) | | | | | | | | |
| 1 | 116 | Berset Pascal | 1985 | M40 | Farvagny | CAGF / Trilogie Sport | 32:27.5 | |
| 2 | 286 | Zürcher Martin | 1982 | M40 | Weier | TV Länggasse | 32:48.3 | 20.8 |
| 3 | 418 | Zahnd Simon | 1982 | M40 | Riggisberg | Gantrischbike.ch | 34:11.7 | 1:44.2 |
| 4 | 395 | Hayoz Julien | 1986 | M40 | Cressier | Trilogie Sport | 35:19.4 | 2:51.9 |
| 5 | 269 | Huber Erich | 1981 | M40 | Rechthalten | Athletic Team Rechthalten | 35:32.9 | 3:05.4 |

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| 6 | 312 | Zosso Franco | 1982 | M40 | Meyriez | CA PORTUGAIS FRIBOURG | 36:26.5 | 3:59.0 |
| 7 | 336 | Lehmann Andreas | 1979 | M40 | Gstaad | | 36:53.7 | 4:26.2 |
| 8 | 128 | Dessibourg Benoît | 1983 | M40 | Fribourg | TP Fribourg | 37:10.9 | 4:43.4 |
| 9 | 200 | Paulo Dos Santos | 1986 | M40 | Givisiez | CA PORTUGAIS FRIBOURG | 37:13.4 | 4:45.9 |
| 10 | 37 | Pagani Livio | 1982 | M40 | Les Breuleux | | 37:48.7 | 5:21.2 |
| 11 | 55 | Almeida Nuno | 1980 | M40 | Noreaz | CA PORTUGAIS FRIBOURG | 37:59.1 | 5:31.6 |
| 12 | 405 | Mauron Vincent | 1984 | M40 | Romont | CARC Romont | 38:04.6 | 5:37.1 |
| 13 | 188 | Sturny Florian | 1982 | M40 | Tafers | LAT Sense | 38:59.6 | 6:32.1 |
| 14 | 393 | Clerc Laurent | 1980 | M40 | La Roche | Cag Farvagny | 39:22.8 | 6:55.3 |
| 15 | 47 | Krebs Peter | 1980 | M40 | Tafers | | 39:34.7 | 7:07.2 |
| 16 | 36 | Engeloch Remo | 1979 | M40 | Liebefeld | Trail-Maniacs | 40:04.6 | 7:37.1 |
| 17 | 152 | Vogt Philippe | 1980 | M40 | Alterswil | LAT Sense | 40:07.0 | 7:39.5 |
| 18 | 252 | Matias Antonio | 1986 | M40 | La Roche | CA PORTUGAIS FRIBOURG | 40:41.8 | 8:14.3 |
| 19 | 100 | Ropraz Samuel | 1985 | M40 | Wünnewil | LAT Sense | 40:45.6 | 8:18.1 |
| 20 | 404 | Garin Stéphane | 1982 | M40 | Porsel | CS Vallée du Flon | 41:26.4 | 8:58.9 |
| 21 | 162 | Roccaro Thomas | 1978 | M40 | Giffers | Athletic Team Rechthalten | 41:36.2 | 9:08.7 |
| 22 | 63 | Galley Daniel | 1982 | M40 | Ecuvillens | CAG Farvagny | 41:40.4 | 9:12.9 |
| 23 | 230 | Lopes Vitor | 1982 | M40 | Cornaux | CA PORTUGAIS FRIBOURG | 43:12.0 | 10:44.5 |
| 24 | 391 | Droux Daniel | 1979 | M40 | Mezières | CSVF | 44:45.8 | 12:18.3 |
| 25 | 271 | Aebi Mikael | 1982 | M40 | Estavayer-Le-Gibloux | TP Fribourg | 44:59.9 | 12:32.4 |
| 26 | 279 | Maillard Roman | 1982 | M40 | Bösingen | TV Lyss | 45:35.9 | 13:08.4 |
| 27 | 147 | Käser Michael | 1981 | M40 | Wünnewil | TV Bösingen | 45:45.4 | 13:17.9 |
| 28 | 415 | Schöpfer Pius | 1986 | M40 | Heimenschwand | SM RUN | 46:24.3 | 13:56.8 |
| 29 | 145 | Bochsler Raphael | 1982 | M40 | Schmitten | | 46:37.3 | 14:09.8 |
| 30 | 260 | Fernandes Silva Celso | 1978 | M40 | La Roche | CA PORTUGAIS FRIBOURG | 46:47.6 | 14:20.1 |
| 31 | 350 | Medo Matus | 1979 | M40 | Schmitten | | 49:09.0 | 16:41.5 |
| 32 | 23 | Iseli Thomas | 1986 | M40 | Bösingen | | 50:00.7 | 17:33.2 |
| 33 | 301 | Andres Roger | 1985 | M40 | Freiburg | | 52:24.6 | 19:57.1 |
| 34 | 389 | Poffet Marco | 1986 | M40 | Tafers | LAT Sense | 53:16.4 | 20:48.9 |
| 35 | 18 | Liechti Christian | 1986 | M40 | Boll | | 58:41.7 | 26:14.2 |

M50 Vétérans/Veteranen (1967-1976)

| | | | | | | | | |
|----|-----|----------------------|------|-----|------------------|---------------------------|---------|---------|
| 1 | 237 | Morgado Mario | 1975 | M50 | Courtaman | CA PORTUGAIS FRIBOURG | 36:07.4 | |
| 2 | 151 | Brügger Werner | 1975 | M50 | Giffers | Athletic Team Rechthalten | 36:22.5 | 15.1 |
| 3 | 182 | Pochon Frédéric | 1973 | M50 | Avry-Devant-Pont | CS Le Pâquier | 37:35.6 | 1:28.2 |
| 4 | 262 | Ribeiro Albino | 1968 | M50 | Thun | CA PORTUGAIS FRIBOURG | 40:00.7 | 3:53.3 |
| 5 | 46 | Bouzon Daniel | 1972 | M50 | Lovens | CAG Farvagny | 40:33.1 | 4:25.7 |
| 6 | 59 | Moreira Luis Antonio | 1967 | M50 | Fribourg | CA PORTUGAIS FRIBOURG | 40:38.7 | 4:31.3 |
| 7 | 410 | Lehmann Matthias | 1974 | M50 | St. Antoni | Blaskapelle Nord-Süd | 41:03.4 | 4:56.0 |
| 8 | 317 | Roulin Philippe | 1976 | M50 | Ependes Fr | CAG Farvagny | 41:17.7 | 5:10.3 |
| 9 | 139 | Monney Martial | 1969 | M50 | Corpataux | CAG Farvagny | 41:52.8 | 5:45.4 |
| 10 | 75 | Marmy Christophe | 1973 | M50 | Murist | A Travers Cugy | 42:24.6 | 6:17.2 |
| 11 | 85 | Burkhard Emanuel | 1973 | M50 | Schwarzenburg | ST Bern | 42:26.1 | 6:18.7 |
| 12 | 171 | Sonney Jean-Pierre | 1969 | M50 | Auboranges | CS Vallée du Flon | 45:37.1 | 9:29.7 |
| 13 | 409 | Fahrni Bernhard | 1972 | M50 | Plaffeien | Sportverein Alterswil | 46:08.0 | 10:00.6 |
| 14 | 396 | Guillebeau Michel | 1974 | M50 | Tafers | LAT Sense | 46:39.2 | 10:31.8 |

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|------|-----|-------------------------|------|------|-------------------|-----------------------|-----------|---------|
| 15 | 161 | Bürgisser Beat | 1971 | M50 | Düdingen | LAT Sense | 47:34.5 | 11:27.1 |
| 16 | 82 | Cetrangolo Giuseppe | 1970 | M50 | Morat | peppepoulet.ch | 48:43.4 | 12:36.0 |
| 17 | 175 | Kolly Christian | 1967 | M50 | Farvagny-Le-Petit | CAG Farvagny | 51:06.5 | 14:59.1 |
| 18 | 186 | Waelti Albert | 1969 | M50 | Wohlen Bei Bern | ACPM Matran | 51:53.3 | 15:45.9 |
| 19 | 154 | Götschmann Frédéric | 1975 | M50 | Fribourg | | 54:09.0 | 18:01.6 |
| 20 | 89 | Von Der Forst Alexander | 1967 | M50 | Posieux | CAG Farvagny | 54:16.8 | 18:09.4 |
| 21 | 264 | Gertsch Dany | 1976 | M50 | Porsel | CS Vallée du Flon | 55:54.7 | 19:47.3 |
| 22 | 209 | Schneuwly Markus | 1976 | M50 | Bösingen | | 59:02.7 | 22:55.3 |
| 23 | 110 | Borghesu Angelo | 1976 | M50 | Freiburg | | 1h00:19.0 | 24:11.6 |
| 24 | 241 | Blanchard Julien | 1976 | M50 | Fribourg | CA PORTUGAIS FRIBOURG | 1h01:49.6 | 25:42.2 |
| 25 | 376 | Lenz Michael | 1967 | M50 | Thierachen | Laufftreff Thun | 1h08:57.2 | 32:49.8 |

M60 Vétérans/Veteranen (1957-1966)

| | | | | | | | | |
|----|-----|----------------------------|------|-----|-------------------|-----------------------|-----------|---------|
| 1 | 248 | Reis Victor | 1964 | M60 | Payerne | CA PORTUGAIS FRIBOURG | 40:17.1 | |
| 2 | 390 | Buchs Willy | 1964 | M60 | Zumholz | TP Fribourg | 42:01.7 | 1:44.6 |
| 3 | 300 | Ayer Serge | 1965 | M60 | Farvagny | CAG Farvagny | 42:39.3 | 2:22.2 |
| 4 | 413 | Thürler Gérard | 1959 | M60 | Marsens | CS Marsens | 42:53.3 | 2:36.2 |
| 5 | 338 | Witschard Jean-Pierre | 1965 | M60 | Avry-Sur-Matran | | 43:08.8 | 2:51.7 |
| 6 | 408 | Nydegger Beat | 1961 | M60 | Schwarzsee | AT Rechthalten | 44:27.4 | 4:10.3 |
| 7 | 255 | Porões Benjamim | 1966 | M60 | Courtepin | CA PORTUGAIS FRIBOURG | 44:35.5 | 4:18.4 |
| 8 | 339 | Blum Hugo | 1960 | M60 | Luzern | smrun | 45:44.9 | 5:27.8 |
| 9 | 268 | Ziegler Alain | 1959 | M60 | Fraubrunnen | Post Auto Mittelland | 45:58.7 | 5:41.6 |
| 10 | 122 | Von Känel Christoph | 1959 | M60 | Frutigen | All Blacks Thun | 46:43.2 | 6:26.1 |
| 11 | 402 | Wyssen Alwin | 1962 | M60 | Zumholz | AT Rechthalten | 46:52.7 | 6:35.6 |
| 12 | 403 | Gachoud Frédéric | 1966 | M60 | Pont | CS Vallée du Flon | 48:13.4 | 7:56.3 |
| 13 | 287 | Bringold Andreas | 1964 | M60 | Beinwil / So | LG Niederbipp | 48:35.7 | 8:18.6 |
| 14 | 199 | Gauch Jean-Marc | 1964 | M60 | Villars-Sur-Glâne | | 48:54.5 | 8:37.4 |
| 15 | 272 | Savary Etienne | 1958 | M60 | Farvagny | CAG Farvagny | 49:32.3 | 9:15.2 |
| 16 | 22 | Mettler Paul | 1959 | M60 | Gossau Sg | smrun | 50:44.1 | 10:27.0 |
| 17 | 27 | Weber Stefan | 1964 | M60 | Schnottwil | | 51:41.8 | 11:24.7 |
| 18 | 387 | Fragnière Gerald | 1964 | M60 | Marsens | | 52:58.6 | 12:41.5 |
| 19 | 62 | Angéloz Henri | 1964 | M60 | Marly | CA PORTUGAIS FRIBOURG | 53:27.2 | 13:10.1 |
| 20 | 206 | De Gasparo Charles-Etienne | 1966 | M60 | Schmitten | LAT Sense | 53:31.3 | 13:14.2 |
| 21 | 14 | Alleyn Rudy | 1965 | M60 | St. Sylvester | CA PORTUGAIS FRIBOURG | 53:47.7 | 13:30.6 |
| 22 | 242 | Dessibourg Christian | 1965 | M60 | Murten | CA PORTUGAIS FRIBOURG | 54:25.6 | 14:08.5 |
| 23 | 292 | Sahli Andreas | 1961 | M60 | Wünnewil | | 54:45.8 | 14:28.7 |
| 24 | 293 | Scarcella Giovanni | 1963 | M60 | Luzern | SMRUN | 54:51.1 | 14:34.0 |
| 25 | 109 | Burnet Eric | 1960 | M60 | La Corbaz | ACPM Matran | 55:34.9 | 15:17.8 |
| 26 | 370 | Kottmeyer René | 1966 | M60 | Zug | smrun | 56:50.9 | 16:33.8 |
| 27 | 207 | Rickli Eric | 1962 | M60 | Fribourg | | 57:20.7 | 17:03.6 |
| 28 | 120 | Leimgruber Jörg | 1963 | M60 | Dietikon | smrun | 57:23.2 | 17:06.1 |
| 29 | 127 | Freiburghaus Philippe | 1964 | M60 | La Corbaz | ACPM Matran | 57:27.7 | 17:10.6 |
| 30 | 235 | Michel Rémy | 1957 | M60 | Neyruz | CA PORTUGAIS FRIBOURG | 58:29.5 | 18:12.4 |
| 31 | 183 | Bachmann Jean-Bernard | 1962 | M60 | La Roche | CA Marly | 59:24.6 | 19:07.5 |
| 32 | 372 | Fürst René | 1960 | M60 | Münchenwiler | AC Murten | 1h17:05.2 | 36:48.1 |
| 33 | 196 | Pfister Rolf | 1957 | M60 | Pfaffhausen | smrun | 1h20:33.4 | 40:16.3 |

| Cl't | No. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|------|-----|------------------|------|------|----------|-------------|-----------|---------|
| 34 | 377 | Gianpaolo Nivola | 1966 | M60 | Luzern | Smrun | 1h20:41.7 | 40:24.6 |

M70 Vétérans/Veteranen (1956 et plus âgés/älter)

| | | | | | | | | |
|----|-----|---------------------|------|-----|---------------------|--------------------------------|-----------|---------|
| 1 | 39 | Terreaux Bernard | 1952 | M70 | Vuisternens-En-Ogoz | CAG Farvagny | 43:20.9 | |
| 2 | 322 | Christen Hans | 1956 | M70 | Gettnau | LR Gettnau | 45:48.8 | 2:27.9 |
| 3 | 240 | Carnevale Angelo | 1956 | M70 | Villars-Sur-Glâne | CA PORTUGAIS FRIBOURG | 46:10.4 | 2:49.5 |
| 4 | 68 | Chappuis Michel | 1954 | M70 | Fribourg | CAG Farvagny | 49:36.0 | 6:15.1 |
| 5 | 226 | Cueni Peter | 1953 | M70 | Bösingen | TV Bösingen | 50:35.1 | 7:14.2 |
| 6 | 76 | Stritt Karl | 1950 | M70 | Tafers | LAT Sense /SM Run | 51:25.5 | 8:04.6 |
| 7 | 254 | Hermann Jean-Michel | 1956 | M70 | Villars-Sur-Glâne | CA PORTUGAIS FRIBOURG | 51:49.5 | 8:28.6 |
| 8 | 394 | Mauron Gerard | 1956 | M70 | Mezieres | CARC Romont | 52:51.0 | 9:30.1 |
| 9 | 180 | Lirgg Uli | 1956 | M70 | Avenches | Cloros Team | 53:08.8 | 9:47.9 |
| 10 | 119 | Küffer Walter | 1952 | M70 | Schmitten Fr | LAT Sense | 53:44.6 | 10:23.7 |
| 11 | 386 | Maeder Walter | 1951 | M70 | Courgevaux | SMRUN | 54:52.4 | 11:31.5 |
| 12 | 291 | Jucker Walter | 1953 | M70 | Schlieren | smrun / run4fun.ch | 55:26.6 | 12:05.7 |
| 13 | 99 | Remy Charles-Henri | 1953 | M70 | Marly | smrun/CA Portugais de Fribourg | 56:21.9 | 13:01.0 |
| 14 | 108 | Wiedemeier Hans | 1945 | M70 | Gebenstorf | smrun / LG-Horn | 57:57.1 | 14:36.2 |
| 15 | 412 | Rhemy Bruno | 1954 | M70 | Rossens | ACPM Matran | 1h01:31.9 | 18:11.0 |
| 16 | 265 | Schibig Viktor | 1948 | M70 | Illnau | smrun | 1h01:44.1 | 18:23.2 |
| 17 | 340 | Pauchard Bruno | 1949 | M70 | Bösingen | TV Bösingen | 1h02:18.8 | 18:57.9 |
| 18 | 25 | Chavallaz Bernardin | 1943 | M70 | Ecuvillens | CAG Farvagny / smrun | 1h02:59.2 | 19:38.3 |
| 19 | 94 | Widmer Paul | 1939 | M70 | Effretikon | smrun | 1h04:22.4 | 21:01.5 |
| 20 | 133 | Sablone Gregorio | 1937 | M70 | Zurich | smrun | 1h05:00.3 | 21:39.4 |
| 21 | 93 | Andrist Bernhard | 1946 | M70 | Zürich | smrun | 1h12:46.4 | 29:25.5 |

Cadets, Populaires / Jugend, Fun Run 4,7Km

| | | | | | | | | |
|----|-----|-------------------|------|-----|------------------|---------------------------|---------|--------|
| 1 | 273 | Philipona Michaël | 2009 | MCA | Vuippens | CS Marsens | 15:19.9 | |
| 2 | 135 | Brandt Max | 2010 | MCA | Bulle | CS Marsens | 16:30.0 | 1:10.1 |
| 3 | 384 | Schmid Ivan | 1975 | MKZ | Steffisburg | LV Thun | 16:43.7 | 1:23.8 |
| 4 | 383 | Schaller Nahel | 2008 | MKZ | Wünnewil | TSV Düringen | 17:13.0 | 1:53.1 |
| 5 | 321 | Chaudoye Fabien | 1983 | MKZ | Hauteville | | 17:13.2 | 1:53.3 |
| 6 | 378 | Linder Sara | 2009 | FCA | Brünisried | Athletic Team Rechthalten | 18:16.3 | 2:56.4 |
| 7 | 266 | Pinto Anaïs | 2010 | FCA | St-Martin | CS Vallée du Flon | 18:48.5 | 3:28.6 |
| 8 | 360 | Traina Manuela | 1982 | FKZ | Rechthalten | AT Rechthalten | 19:05.9 | 3:46.0 |
| 9 | 314 | Collaud Nathan | 2010 | MCA | La Tour De Trême | CS Marsens | 19:08.8 | 3:48.9 |
| 10 | 369 | Walpen René | 1966 | MKZ | Thun | | 19:12.2 | 3:52.3 |
| 11 | 197 | Zbinden Chiara | 2009 | FCA | Bulle | CS Marsens | 19:20.6 | 4:00.7 |
| 12 | 169 | Gross Nerina | 1985 | FKZ | Liebefeld | TV Länggasse Bern | 19:27.1 | 4:07.2 |
| 13 | 334 | Lehmann Eleanora | 2010 | FCA | Gstaad | | 19:43.6 | 4:23.7 |
| 14 | 332 | Morgan Felicia | 2009 | FCA | Pringy | CS Marsens | 19:50.3 | 4:30.4 |
| 15 | 385 | Progin Alodie | 2009 | FCA | Avry-Devant-Pont | CS Marsens | 19:52.1 | 4:32.2 |
| 16 | 204 | Bulloni Claudio | 1989 | MKZ | Aarberg | | 19:54.0 | 4:34.1 |
| 17 | 324 | Gobet Patrick | 1983 | MKZ | Rechthalten | | 20:36.2 | 5:16.3 |
| 18 | 382 | Schaller Layana | 2010 | FCA | Wünnewil | TSV Düringen | 20:36.7 | 5:16.8 |

| Cl | No. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|-----|-------------------------|------|------|-----------------|-----------------------------|---------|---------|
| 19 | 194 | Müller Aliona | 2010 | FCA | Ostermundigen | SKBETRI | 20:50.7 | 5:30.8 |
| 20 | 379 | Panchaud Alexandre | 1976 | MKZ | Bossonnens | Tri Team Pully | 21:14.4 | 5:54.5 |
| 21 | 104 | Rutschi Nicole | 1987 | FKZ | Tafers | | 21:20.4 | 6:00.5 |
| 22 | 213 | Keller Pascal | 1988 | MKZ | Detligen | | 21:28.6 | 6:08.7 |
| 23 | 125 | Buchs Cedric | 1980 | MKZ | Düdingen | TSV Düdingen | 21:37.3 | 6:17.4 |
| 24 | 366 | Gremaud Jessica | 1993 | FKZ | Grandvillard | | 21:55.3 | 6:35.4 |
| 25 | 368 | Walpen Beatrice | 1980 | FKZ | Thun | | 22:13.3 | 6:53.4 |
| 26 | 354 | Cercamondi Colin | 1983 | MKZ | Ueberstorf | | 22:40.5 | 7:20.6 |
| 27 | 72 | Salihu Anduela | 2010 | FCA | Düdingen | TSV Düdingen | 23:28.6 | 8:08.7 |
| 28 | 381 | Schär Lara | 1991 | FKZ | Laupen | | 25:20.7 | 10:00.8 |
| 29 | 28 | Krebs Rahel | 1996 | FKZ | Bösingen | | 26:28.6 | 11:08.7 |
| 30 | 315 | Bayer Olivia | 1981 | FKZ | Tafers | | 27:58.5 | 12:38.6 |
| 31 | 373 | Jakob Fabiana | 1977 | FKZ | Laupen | | 28:05.7 | 12:45.8 |
| 32 | 176 | Jungo Anita | 1952 | FKZ | Tafers | LAT Sense | 29:48.0 | 14:28.1 |
| 33 | 374 | Bossel Jean-Noël | 1959 | WW | Bulle | TPF | 31:01.3 | 15:41.4 |
| 34 | 327 | Geissbühler Andrew | 1981 | MKZ | Bösingen | | 31:13.6 | 15:53.7 |
| 35 | 102 | Kieliger Matthias | 1972 | WW | Zumikon | | 33:37.6 | 18:17.7 |
| 36 | 392 | Märchy Judith | 1960 | WW | Baar | Zuger Laufftreff | 34:34.4 | 19:14.5 |
| 37 | 80 | Landolt Fridolin | 1956 | WW | Zürich | SWG Kaufleute Zürich, smrun | 34:55.0 | 19:35.1 |
| 38 | 174 | Waeber René | 1959 | MKZ | Schmitten | LAT Sense | 36:11.9 | 20:52.0 |
| 39 | 294 | Zbinden Marius | 1950 | MKZ | St Ursen | LAT Sense | 36:12.7 | 20:52.8 |
| 40 | 144 | Von Gunten Hans | 1944 | WW | Thun | smrun | 40:57.7 | 25:37.8 |
| 41 | 26 | Collenberg Ursula | 1948 | WW | Zürich | smrun | 41:32.5 | 26:12.6 |
| 42 | 129 | Wolfensberger Annemarie | 1950 | WW | Oetwil Am See | smrun | 45:22.4 | 30:02.5 |
| 43 | 313 | Wittwer Markus | 1978 | WW | Gunzgen | Kimiclub Gunzgen | 45:56.2 | 30:36.3 |
| 44 | 380 | Schwarzmeier Werner | 1952 | WW | Münsingen | Smrun | 47:25.4 | 32:05.5 |
| 45 | 24 | Hänni Barbara | 1960 | WW | Rüegsauschachen | smrun | 47:34.4 | 32:14.5 |
| 46 | 214 | Schmid Max | 1948 | WW | Untersiggenthal | Smrun/LG Horn | 48:45.6 | 33:25.7 |
| 47 | 64 | Von Gunten Silvia | 1968 | WW | Thun | smrun | 52:18.1 | 36:58.2 |