

RÉSULTATS

COURSE EN FORÊT DE ROMONT

di 17 septembre 2023

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42^e
édition



Epreuve comptant pour:
La Coupe de la Gruyère 2023
FriRunCup 2023



RAIFFEISEN

groupe e


PAPAUX
CONSTRUCTION
RENOVATION SA


GÉRARD MAURON
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REMERCIEMENTS

Commune de Romont
Commune de Villaz
Place d'armes de Drognens
MM. Willy Moret et Benoît Fragnière, responsables du chronométrage, Bulle
Les Samaritains de Romont
MM. Jean-Marc et Patrick Crausaz, agriculteurs, Lussy
M. Olivier Crausaz, agriculteur, Lussy
Au personnel de l'organisation: membres du club, conjoints ou amis
Aux membres bienfaiteurs du CARC.

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Fiduciaire Butty SA - 1670 Ursy

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Fromagerie de Billens - 1681 Billens



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Montagne de Lussy

Coupe LA GRUYERE

FriRun Cup

Classements par catégories

Rangliste nach Kategorien



| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|--|------|-------------------------|------|------|---------------------|----------------|-----------|---------|
| WW. Walking, Nordic-Walking H & F 7,5km 09:15 | | | | | | | | |
| 1 | 652 | Bersier Marie-Therese | 1954 | WW | Cugy | A travers Cugy | 52:30.5 | |
| 2 | 663 | Thévenaz Laurent | 1973 | WW | Bogis-Bossey | Parkinson Move | 52:44.4 | 13.9 |
| 3 | 659 | Perrin Cathy | 1968 | WW | Botterens | | 52:45.0 | 14.5 |
| 4 | 653 | Burgy Fabienne | 1968 | WW | Cugy | À travers Cugy | 56:25.3 | 3:54.8 |
| 5 | 655 | Collaud Laurent | 1956 | WW | St-Aubin | | 59:15.0 | 6:44.5 |
| 6 | 662 | Schiesser Caroline | 1970 | WW | Romont | | 59:50.0 | 7:19.5 |
| 7 | 666 | Vieira De Sousa António | 1958 | WW | Misery | Os Marretas | 1h00:07.6 | 7:37.1 |
| 8 | 661 | Ruffieux Valérie | 1973 | WW | Bulle | | 1h00:46.9 | 8:16.4 |
| 9 | 654 | Collaud Jacqueline | 1962 | WW | St-Aubin | | 1h00:54.6 | 8:24.1 |
| 10 | 651 | Berchier Béatrice | 1972 | WW | Hauteville | CS Hauteville | 1h00:56.4 | 8:25.9 |
| 11 | 768 | Losey Stefanie | 1983 | WW | Romont | | 1h01:15.2 | 8:44.7 |
| 12 | 767 | Roulin Daphné | 1989 | WW | Torny | | 1h01:17.5 | 8:47.0 |
| 13 | 665 | Thürler Clara | 2009 | WW | Vuisternens En Ogoz | | 1h04:45.7 | 12:15.2 |
| 14 | 664 | Thürler Brigitte | 1979 | WW | Vuisternens En Ogoz | | 1h04:46.5 | 12:16.0 |
| 15 | 656 | Dupasquier Corinne | 1968 | WW | Sâles | | 1h05:07.4 | 12:36.9 |
| 16 | 657 | Jordan Benoît | 1964 | WW | Lussy | | 1h05:07.9 | 12:37.4 |
| 17 | 660 | Raboud Danielle | 1962 | WW | Villars-Sur-Glâne | | 1h10:14.8 | 17:44.3 |
| 18 | 658 | Monney Myriam | 1975 | WW | Bogis-Bossey | Parkinson Move | 1h11:25.1 | 18:54.6 |

SH. Course adaptée Femmes 800m 09:25

| | | | | | | | | |
|---|-----|-----------------|------|----|-----------------|----------------------|--------|--------|
| 1 | 679 | Schenkel Flavia | 2004 | SH | Cottens | Ateliers de la Glâne | 4:53.5 | |
| 2 | 677 | Pittet Andra | 1994 | SH | Châtel-St-Denis | Ateliers de la Glâne | 6:20.3 | 1:26.8 |

SH. Course adaptée Hommes 800m 09:25

| | | | | | | | | |
|----|-----|--------------------|------|----|------------|----------------------|--------|--------|
| 1 | 668 | Badertscher Cyril | 1987 | SH | Gland | Parkison Move | 3:53.9 | |
| 2 | 675 | Mivelaz Valentin | 1993 | SH | Romont | Ateliers de la Glâne | 4:06.1 | 12.2 |
| 3 | 678 | Richoz Béat | 1996 | SH | Romont | Ateliers de la Glâne | 4:15.1 | 21.2 |
| 4 | 673 | Guillet Thomas | 2003 | SH | Vuadens | Ateliers de la Glâne | 4:18.7 | 24.8 |
| 5 | 674 | Hayoz Jérèmy | 1991 | SH | Vuadens | SHDSF | 4:25.2 | 31.3 |
| 6 | 672 | Dammone Jonathan | 2000 | SH | Bulle | SHDSF | 4:35.1 | 41.2 |
| 7 | 670 | Bartolucci Enzo | 2000 | SH | Hauteville | Ateliers de la Glâne | 4:35.7 | 41.8 |
| 8 | 680 | Sciboz Iason | 1989 | SH | Bulle | Ateliers de la Glâne | 5:05.6 | 1:11.7 |
| 9 | 671 | Borcard Sébastien | 1981 | SH | Berlens | Ateliers de la Glâne | 5:48.5 | 1:54.6 |
| 10 | 676 | Perrenoud Sébatien | 1989 | SH | Bulle | SHDSF | 9:34.8 | 5:40.9 |



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Classements par catégories
Rangliste nach Kategorien



| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|--|------|-------------------|------|------|-------------------|-------------|---------|--------|
| F19. Juniores/Juniorinnen (2004-2005) 7,5km 10:22 | | | | | | | | |
| 1 | 534 | Herbez Louane | 2004 | F19 | Vuadens | SA Bulle | 34:10.6 | |
| 2 | 519 | Durrett Lucy | 2004 | F19 | Villars-Sur-Glâne | | 34:11.0 | 0.4 |
| 3 | 543 | Morchetti Maurane | 2005 | F19 | Vuadens | SA Bulle | 35:42.4 | 1:31.8 |

| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|--|------|----------------------------|------|------|---------------------|--------------------------|-----------|---------|
| F20. Femmes/Frauen (1984-2003) 14,7km 10:00 | | | | | | | | |
| 1 | 190 | Monney Marion | 2000 | F20 | Corpataux | CAGF / Trilogie Sport | 56:16.7 | |
| 2 | 282 | Dafflon Caroline | 1984 | F20 | Düdingen | | 59:11.6 | 2:54.9 |
| 3 | 220 | Poffet Rachel | 1989 | F20 | Fribourg | Lat Sense | 59:40.9 | 3:24.2 |
| 4 | 402 | Chofflon Salomé | 1999 | F20 | Farvagny | CAG Farvagny | 1h01:09.6 | 4:52.9 |
| 5 | 218 | Pochon Alina | 1997 | F20 | Le Pâquier | | 1h01:21.7 | 5:05.0 |
| 6 | 217 | Pittet Céline | 1993 | F20 | Mézières | CS Vallée du Flon | 1h01:34.8 | 5:18.1 |
| 7 | 4 | Almeida Laetitia | 1985 | F20 | Noreaz | CA Portugais Fribourg | 1h02:10.2 | 5:53.5 |
| 8 | 156 | Jungo Céline | 1998 | F20 | Tafers | AT Rechthalten | 1h02:10.9 | 5:54.2 |
| 9 | 148 | Hildebrand Marie | 1986 | F20 | Treyvaux | | 1h02:27.7 | 6:11.0 |
| 10 | 26 | Bouchu Aude | 1986 | F20 | La Tour-De-Trême | ADN coaching | 1h03:08.0 | 6:51.3 |
| 11 | 35 | Bucher Nadège | 1991 | F20 | Givisiez | CS Broc | 1h05:04.7 | 8:48.0 |
| 12 | 160 | Kolly Elodie | 1990 | F20 | Mézières | CARC Romont | 1h07:18.4 | 11:01.7 |
| 13 | 416 | Jaquet Mathilde | 1995 | F20 | Granges-Paccot | | 1h08:53.1 | 12:36.4 |
| 14 | 95 | Delpouve Mélanie | 1985 | F20 | Bulle | Les Élibes | 1h09:20.8 | 13:04.1 |
| 15 | 221 | Pons Débora | 1998 | F20 | Semsaies | CS Vallée du Flon | 1h11:45.1 | 15:28.4 |
| 16 | 142 | Gurtner Valérie | 1994 | F20 | Pringy | Ski-club Lys | 1h11:47.7 | 15:31.0 |
| 17 | 128 | Gonzalez Alix | 1999 | F20 | Lausanne | | 1h11:48.5 | 15:31.8 |
| 18 | 25 | Borgognon Christel | 1993 | F20 | Estavayer-Le-Lac | A travers Cugy | 1h12:09.5 | 15:52.8 |
| 19 | 414 | Sallin Pauline | 1987 | F20 | Vuisternens-en-Ogoz | | 1h12:42.0 | 16:25.3 |
| 20 | 97 | Diserens Céline | 1984 | F20 | Semsaies | | 1h14:30.3 | 18:13.6 |
| 21 | 96 | Dietsche Emma | 1997 | F20 | Fribourg | | 1h15:07.0 | 18:50.3 |
| 22 | 245 | Sapin Ludivine | 1998 | F20 | Autigny | | 1h16:04.0 | 19:47.3 |
| 23 | 421 | Progin Axelle | 1998 | F20 | Le Crêt | B3 Bulle Triathlon | 1h16:17.0 | 20:00.3 |
| 24 | 147 | Hertling Valérianne | 1998 | F20 | Ecuvillens | | 1h16:32.6 | 20:15.9 |
| 25 | 420 | Rossier Elise | 1992 | F20 | Fribourg | Club Athlétique du Bourg | 1h16:37.8 | 20:21.1 |
| 26 | 91 | De Grandis Sara | 1995 | F20 | Fribourg | | 1h16:44.7 | 20:28.0 |
| 27 | 68 | Collaud Margaux | 1998 | F20 | Fribourg | | 1h16:55.6 | 20:38.9 |
| 28 | 82 | Cuennet Désirée | 1996 | F20 | La Tour-De-Trême | SA Bulle | 1h17:04.1 | 20:47.4 |
| 29 | 262 | Vial Emilie | 1985 | F20 | La Tour-De-Trême | | 1h17:08.9 | 20:52.2 |
| 30 | 275 | Wohlhauser Elodie | 1986 | F20 | Arconciel | CAG Farvagny | 1h17:10.6 | 20:53.9 |
| 31 | 152 | Jaquier Laurane | 1984 | F20 | Billens | | 1h17:19.2 | 21:02.5 |
| 32 | 274 | Wist Aurélie | 2003 | F20 | Châtonnaye | CA Broyard | 1h17:36.6 | 21:19.9 |
| 33 | 415 | Surchat-Delpedro Nadège | 1993 | F20 | Fétigny | A travers Cugy | 1h18:26.9 | 22:10.2 |
| 34 | 70 | Collaud Stauffacher Amelie | 1984 | F20 | Corminboeuf | | 1h19:02.6 | 22:45.9 |



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|----|------|-----------------|------|------|------------------------|----------------|-----------|---------|
| 35 | 410 | Raetzo Tina | 1997 | F20 | Rueyres-les-Prés | A Travers Cugy | 1h19:22.2 | 23:05.5 |
| 36 | 138 | Guillet Laura | 1998 | F20 | La Joux | | 1h19:40.6 | 23:23.9 |
| 37 | 104 | Egger Corinne | 1984 | F20 | Belfaux | | 1h20:20.5 | 24:03.8 |
| 38 | 110 | Gachet Laetitia | 1985 | F20 | Le Pâquier | CS Le Pâquier | 1h21:03.8 | 24:47.1 |
| 39 | 280 | Gapany Mélanie | 1993 | F20 | Marsens | CS Marsens | 1h23:48.4 | 27:31.7 |
| 40 | 273 | Wicht Coralie | 1985 | F20 | Marly | | 1h24:15.7 | 27:59.0 |
| 41 | 243 | Ruffieux Chloé | 1994 | F20 | Echarlens | | 1h25:35.9 | 29:19.2 |
| 42 | 58 | Chobaz Océane | 2003 | F20 | Fribourg | | 1h25:55.2 | 29:38.5 |
| 43 | 85 | Curat Mahault | 1997 | F20 | Vesin | A Travers Cugy | 1h27:01.0 | 30:44.3 |
| 44 | 303 | Lagger Adeline | 1991 | F20 | Mézières | CS Le Pâquier | 1h31:06.9 | 34:50.2 |
| 45 | 207 | Phan Casling | 1999 | F20 | Mézières Fr | | 1h35:57.0 | 39:40.3 |
| 46 | 166 | Lacôte Lauryne | 2003 | F20 | Villars-Sous-Yens | | 1h37:43.2 | 41:26.5 |
| 47 | 287 | Joye Muriel | 1992 | F20 | Pont-la-Ville | | 1h41:59.0 | 45:42.3 |
| 48 | 71 | Collet Vanessa | 1987 | F20 | Essertines-Sur-Yverdon | | 1h47:43.9 | 51:27.2 |

F40. Dames/Damen (1974-1983) 14,7km 10:00

| | | | | | | | | |
|----|-----|------------------------|------|-----|----------------------|-----------------------|-----------|---------|
| 1 | 255 | Sudan Nadia | 1974 | F40 | Vaulruz | CAG Farvagny | 1h01:31.2 | |
| 2 | 384 | Wagemester Inga | 1980 | F40 | St Antoni | LAT SENSE | 1h04:44.8 | 3:13.6 |
| 3 | 141 | Gumy Alexandrine | 1981 | F40 | Granges-Paccot | LAT Sense | 1h04:50.2 | 3:19.0 |
| 4 | 9 | Angéloz Burns Murielle | 1979 | F40 | Belfaux | CA Belfaux | 1h04:56.2 | 3:25.0 |
| 5 | 157 | Kaymaz Irene | 1983 | F40 | Fribourg | LAT Sense | 1h05:19.2 | 3:48.0 |
| 6 | 167 | Lecourt Sophie | 1983 | F40 | Fribourg | CA Portugais Fribourg | 1h06:46.3 | 5:15.1 |
| 7 | 143 | Guélat Rion Elise | 1982 | F40 | Billens | | 1h09:04.9 | 7:33.7 |
| 8 | 39 | Buser Christine | 1979 | F40 | Wünnewil | LAT Sense | 1h10:49.5 | 9:18.3 |
| 9 | 399 | Audergon Monique | 1982 | F40 | La Joux | | 1h11:02.9 | 9:31.7 |
| 10 | 22 | Bersier Chantal | 1977 | F40 | Cugy | A travers Cugy | 1h11:31.5 | 10:00.3 |
| 11 | 102 | Dubey Nadia | 1981 | F40 | Vesin | A Travers Cugy | 1h12:08.9 | 10:37.7 |
| 12 | 291 | Schafer Daniela | 1981 | F40 | Atlerswil | LAT SENSE | 1h12:17.2 | 10:46.0 |
| 13 | 227 | Raemy Nadia | 1979 | F40 | La Joux | | 1h14:11.2 | 12:40.0 |
| 14 | 177 | Margueron Nicole | 1981 | F40 | Villarsel-Le-Gibloux | CAGF - Les Elib's | 1h14:15.0 | 12:43.8 |
| 15 | 146 | Hemmer Anne-Françoise | 1976 | F40 | Villars-Sur-Glâne | | 1h15:03.0 | 13:31.8 |
| 16 | 114 | Garo Roulin Sylvie | 1981 | F40 | Marsens | CS Marsens | 1h15:13.6 | 13:42.4 |
| 17 | 60 | Clerc Andrea | 1979 | F40 | Heitenried | CA Portugais Fribourg | 1h15:54.8 | 14:23.6 |
| 18 | 76 | Cotting Lisa | 1981 | F40 | Villars-Sur-Glâne | | 1h15:57.7 | 14:26.5 |
| 19 | 46 | Casati Martine | 1974 | F40 | Rossens | CAG Farvagny | 1h16:36.7 | 15:05.5 |
| 20 | 299 | At Joelle | 1980 | F40 | Vuisternens-en-Ogoz | | 1h17:02.8 | 15:31.6 |
| 21 | 53 | Chassot Sandra | 1977 | F40 | Villaz-St-Pierre | CS Vallée du Flon | 1h17:05.4 | 15:34.2 |
| 22 | 41 | Bérard Violette | 1975 | F40 | Mézières | CARC Romont | 1h17:14.1 | 15:42.9 |
| 23 | 115 | Gehri Nathalie | 1983 | F40 | Corminboeuf | | 1h18:22.2 | 16:51.0 |
| 24 | 92 | Deillon Christine | 1979 | F40 | La Joux | CS Vallée du Flon | 1h18:35.4 | 17:04.2 |
| 25 | 159 | Kolly Anne | 1974 | F40 | Corpataux | CAG Farvagny | 1h20:12.0 | 18:40.8 |



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|----|------|---------------------------|------|------|--------------------|-------------------|-----------|---------|
| 26 | 12 | Baldeck Tra | 1981 | F40 | Mézières | CARC Romont | 1h20:13.8 | 18:42.6 |
| 27 | 224 | Progin-Grangier Cécile | 1976 | F40 | Vuadens | SAB Bulle | 1h20:42.0 | 19:10.8 |
| 28 | 183 | Mesot Guinnard Christiane | 1979 | F40 | Villarimboud | CARC Romont | 1h21:19.4 | 19:48.2 |
| 29 | 129 | Goutte Aurélie | 1981 | F40 | Remaufens | CS Vallée du Flon | 1h22:18.4 | 20:47.2 |
| 30 | 180 | Membrez Mariana | 1981 | F40 | Villars-Sur-Glâne | | 1h22:24.4 | 20:53.2 |
| 31 | 137 | Guenot Florence | 1974 | F40 | Corminboeuf | | 1h25:18.5 | 23:47.3 |
| 32 | 87 | Dafflon-Geinoz Joëlle | 1977 | F40 | Rueyres-St-Laurent | | 1h29:03.3 | 27:32.1 |
| 33 | 130 | Grand Marion | 1974 | F40 | Corpataux | CAG Farvagny | 1h39:39.4 | 38:08.2 |
| 34 | 169 | Longchamp Rachel | 1980 | F40 | Domdidier | | 1h47:43.5 | 46:12.3 |

F50. Dames/Damen (1964-1973) 14,7km 10:00

| | | | | | | | | |
|----|-----|----------------------------|------|-----|------------------------|-----------------------|-----------|---------|
| 1 | 28 | Bourke Martignoni Joanna | 1971 | F50 | Neyruz | CAGF | 58:57.6 | |
| 2 | 191 | Monney Stéphanie | 1970 | F50 | Corpataux | CAG Farvagny | 1h04:29.3 | 5:31.7 |
| 3 | 113 | Gardoni Bénédicte | 1967 | F50 | Marly | CA Portugais Fribourg | 1h12:10.5 | 13:12.9 |
| 4 | 45 | Carvalho Conceição | 1973 | F50 | Fribourg | C.A.P.F | 1h13:30.8 | 14:33.2 |
| 5 | 398 | Sciboz Janique | 1969 | F50 | Le Pâquier | SA Bulle | 1h14:09.3 | 15:11.7 |
| 6 | 66 | Cochard Sarah | 1973 | F50 | Corpataux | CAG Farvagny | 1h20:04.4 | 21:06.8 |
| 7 | 131 | Grandjean Nathalie | 1973 | F50 | Canada | Zone Course | 1h20:29.7 | 21:32.1 |
| 8 | 90 | De Gasparo Corinne | 1971 | F50 | Schmitten | LAT Sense | 1h22:08.8 | 23:11.2 |
| 9 | 222 | Porões Adélia | 1969 | F50 | Courtepin | CA Portugais Fribourg | 1h22:14.9 | 23:17.3 |
| 10 | 276 | Wuilloud Canto Muriel | 1971 | F50 | Fribourg | | 1h25:19.1 | 26:21.5 |
| 11 | 21 | Bersier Ursula | 1972 | F50 | Gumefens | | 1h27:21.1 | 28:23.5 |
| 12 | 81 | Cuche Christel | 1972 | F50 | Corcelles-Près-Payerne | CA Portugais Fribourg | 1h27:26.6 | 28:29.0 |
| 13 | 285 | Horvath Hasenauer Nathalie | 1964 | F50 | Brenles | | 1h28:58.7 | 30:01.1 |
| 14 | 246 | Schmid Karen | 1972 | F50 | Romont | | 1h40:23.8 | 41:26.2 |

F60. Dames/Damen (1963 et plus âgées/älter) 14,7km 10:00

| | | | | | | | | |
|---|-----|-------------------------|------|-----|----------|-----------------------|-----------|---------|
| 1 | 244 | Sallin Marianne | 1963 | F60 | Marly | LAT Sense | 1h10:48.4 | |
| 2 | 230 | Remy-De Vito Giuseppina | 1959 | F60 | Fribourg | CA Portugais Fribourg | 1h16:46.8 | 5:58.4 |
| 3 | 232 | Rickli Myriam | 1962 | F60 | Lausanne | | 1h29:50.1 | 19:01.7 |

M19. Juniors/Junioren (2004-2005) 7,5km 10:22

| | | | | | | | | |
|---|-----|------------------------|------|-----|-------------|-----------------------------|---------|--------|
| 1 | 606 | Marti Mickael | 2004 | M19 | Sonceboz | Team Trilogie Sport Belfaux | 25:38.5 | |
| 2 | 507 | Chofflon Corentin | 2004 | M19 | Farvagny | CAG Farvagny | 26:24.8 | 46.3 |
| 3 | 561 | Shirzay Elias Matullah | 2005 | M19 | Rechthalten | LAT Sense | 28:06.1 | 2:27.6 |
| 4 | 528 | Girardet Luca | 2005 | M19 | Belfaux | Trilogie Sport -Revario | 28:34.6 | 2:56.1 |
| 5 | 608 | Ormatson Yemane | 2004 | M19 | Bulle | SA Bulle | 28:39.5 | 3:01.0 |



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|----|------|-----------------|------|------|----------|-------------|---------|--------|
| 6 | 531 | Guillebeau Noël | 2004 | M19 | Tafers | LAT Sense | 33:53.4 | 8:14.9 |

M20. Hommes/Männer (1984-2003) 14,7km 10:00

| | | | | | | | | |
|----|-----|-----------------------|------|-----|-------------------|---------------------------|-----------|---------|
| 1 | 251 | Soldini Jonas | 2000 | M20 | Corpataux | CA Rosé / Salomon Suisse | 45:42.3 | |
| 2 | 383 | Jodidio Alexandre | 1990 | M20 | Lausanne | CABV Martigny/Gn running | 45:53.7 | 11.4 |
| 3 | 19 | Berset Pascal | 1985 | M20 | Farvagny | CAGF / Trilogie Sport | 47:47.4 | 2:05.1 |
| 4 | 214 | Piller Jari | 1990 | M20 | Baden | TSV Düringen/Mahu | 48:25.2 | 2:42.9 |
| 5 | 192 | Monney Sylvain | 1999 | M20 | Corpataux | CAGF / Trilogie Sport | 48:43.2 | 3:00.9 |
| 6 | 265 | Vogelsang Luca | 1991 | M20 | Bösingen | LAT Sense | 49:03.5 | 3:21.2 |
| 7 | 407 | Juillerat Romain | 1996 | M20 | Le Mouret | CSLM - MBK Rochet | 50:40.2 | 4:57.9 |
| 8 | 209 | Philipona Alec | 2000 | M20 | Rechthalten | AT Rechthalten | 51:12.1 | 5:29.8 |
| 9 | 13 | Bannwart Yann | 1987 | M20 | Grimisuat | Jean Pellissier Sport | 52:20.3 | 6:38.0 |
| 10 | 235 | Riser Vincent | 1991 | M20 | Farvagny-Le-Petit | CAG Farvagny | 53:16.9 | 7:34.6 |
| 11 | 88 | Daniel Philipp | 1997 | M20 | St. Silvester | AT Rechthalten | 54:51.0 | 9:08.7 |
| 12 | 43 | Cardinaux Pierre-Yves | 1986 | M20 | Bouloz | CS Vallée du Flon | 55:01.6 | 9:19.3 |
| 13 | 405 | Morard Quentin | 2001 | M20 | Marsens | CS Le Pâquier | 55:28.0 | 9:45.7 |
| 14 | 175 | Marchon Arno | 1995 | M20 | Bulle | | 56:53.2 | 11:10.9 |
| 15 | 136 | Grivel Robin | 1996 | M20 | Avry-Devant-Pont | CS Hauteville-Cynar Sport | 56:55.6 | 11:13.3 |
| 16 | 149 | Hildebrand Baptiste | 1986 | M20 | Treyvaux | | 57:26.0 | 11:43.7 |
| 17 | 154 | Jonin Baptiste | 1997 | M20 | Villaz-St-Pierre | | 57:35.9 | 11:53.6 |
| 18 | 260 | Tsadu Tesfom | 1994 | M20 | Romont | CARC Romont | 57:50.5 | 12:08.2 |
| 19 | 278 | Deillon Jérôme | 1992 | M20 | Romont | | 58:09.3 | 12:27.0 |
| 20 | 289 | Gebreyohannes Biniam | 1987 | M20 | Nidau | Cross Club Nidau | 58:27.6 | 12:45.3 |
| 21 | 93 | Delabays Alexandre | 1993 | M20 | Arconciel | | 59:09.5 | 13:27.2 |
| 22 | 261 | Uldry Johan | 1984 | M20 | Le Châtelard | CARC Romont | 59:13.7 | 13:31.4 |
| 23 | 233 | Rico Guillaume | 1997 | M20 | Lausanne | | 59:30.0 | 13:47.7 |
| 24 | 423 | Sciboz Pascal | 1987 | M20 | La Roche | | 1h00:23.5 | 14:41.2 |
| 25 | 172 | L'homme Yan | 1999 | M20 | Vuadens | EPFZ | 1h00:45.6 | 15:03.3 |
| 26 | 392 | Kibrom Zemhret | 1994 | M20 | Villars Sur Glane | | 1h01:20.1 | 15:37.8 |
| 27 | 249 | Seydoux Laurent | 1985 | M20 | Rueyres-Treyfayes | FSG Sâles | 1h01:20.9 | 15:38.6 |
| 28 | 288 | Schafer Vincent | 1991 | M20 | Pont-la-Ville | Team DallyBureau | 1h01:22.7 | 15:40.4 |
| 29 | 8 | Angéloz Didier | 1988 | M20 | Le Pâquier | | 1h01:27.4 | 15:45.1 |
| 30 | 121 | Gillard Geoffrey | 1999 | M20 | Lussy | | 1h01:31.8 | 15:49.5 |
| 31 | 428 | Mdaini Bilel | 1996 | M20 | Siviriez | FC Siviriez | 1h02:08.7 | 16:26.4 |
| 32 | 86 | Da Silva Nuno | 1985 | M20 | Montet | | 1h02:47.5 | 17:05.2 |
| 33 | 240 | Rossier Thomas | 1985 | M20 | Payerne | Aussi vite que nécessaire | 1h02:49.8 | 17:07.5 |
| 34 | 94 | Delacombaz Bastien | 1987 | M20 | Neyruz | Squales des neiges | 1h03:02.4 | 17:20.1 |
| 35 | 11 | Baechler Marc | 1991 | M20 | Ecuvillens | CAGF | 1h04:04.5 | 18:22.2 |
| 36 | 258 | Tinguely Thierry | 1992 | M20 | Freienbach | | 1h04:06.2 | 18:23.9 |
| 37 | 196 | Nguyen Tai | 1999 | M20 | Matran | | 1h04:18.7 | 18:36.4 |
| 38 | 418 | Tinguely Léo | 1997 | M20 | Fribourg | | 1h04:57.4 | 19:15.1 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|--------------------------|------|------|--------------------------|--------------------------|-----------|---------|
| 39 | 105 | Emery Fabien | 1984 | M20 | Chésopelloz | Team Ancolie | 1h05:29.1 | 19:46.8 |
| 40 | 73 | Corboz Jean-Baptiste | 1986 | M20 | Fribourg | | 1h05:37.3 | 19:55.0 |
| 41 | 155 | Jonin Lionel | 1993 | M20 | Villarimboud | Team Electro | 1h06:11.6 | 20:29.3 |
| 42 | 411 | Stauffacher Raphaël | 1989 | M20 | Muntelier | | 1h06:20.3 | 20:38.0 |
| 43 | 419 | Sallin Michaël | 1988 | M20 | Villaz-St-Pierre | | 1h06:52.5 | 21:10.2 |
| 44 | 198 | Oberson Pierre | 1984 | M20 | Albeuve | | 1h07:45.6 | 22:03.3 |
| 45 | 412 | Gegu Nicolas | 1994 | M20 | Servion | | 1h08:01.0 | 22:18.7 |
| 46 | 30 | Bouvier Maxime | 1987 | M20 | Ecuvillens | TEAM TESAG UVEX | 1h08:10.3 | 22:28.0 |
| 47 | 33 | Brodard Jérôme | 1992 | M20 | Corbières | | 1h08:24.3 | 22:42.0 |
| 48 | 302 | Andrey Loïs | 1990 | M20 | Fribourg | Club Athlétique du Bourg | 1h08:30.1 | 22:47.8 |
| 49 | 38 | Busch Jacques | 1991 | M20 | Fribourg | | 1h08:30.6 | 22:48.3 |
| 50 | 271 | Waeber Arthur | 1997 | M20 | Fribourg | | 1h09:04.1 | 23:21.8 |
| 51 | 298 | Demierre Johann | 1985 | M20 | Ursy | CS Le Pâquier | 1h09:06.8 | 23:24.5 |
| 52 | 17 | Benda Leandro | 1989 | M20 | Bulle | SA Bulle | 1h09:20.0 | 23:37.7 |
| 53 | 295 | Krummen Thomas | 1987 | M20 | Bösingen | TV Bösingen | 1h09:24.7 | 23:42.4 |
| 54 | 397 | Robert-Tissot Yves | 1993 | M20 | Romont | CARC | 1h09:25.9 | 23:43.6 |
| 55 | 252 | Spicher Raphaël | 2001 | M20 | Treyvaux | | 1h09:32.9 | 23:50.6 |
| 56 | 62 | Clerc Michaël | 1985 | M20 | Farvagny-Le-Grand | | 1h10:22.8 | 24:40.5 |
| 57 | 84 | Cuony Pierre | 1993 | M20 | Fribourg | | 1h10:29.4 | 24:47.1 |
| 58 | 417 | Gobet Maxime | 1995 | M20 | Fribourg | | 1h10:41.8 | 24:59.5 |
| 59 | 205 | Perler Alexandre | 1984 | M20 | Romont | | 1h10:59.1 | 25:16.8 |
| 60 | 98 | Dolsa Alexandre | 1996 | M20 | Bulle | SA Bulle | 1h12:16.8 | 26:34.5 |
| 61 | 179 | Mauron Patrick | 1987 | M20 | Onnens | | 1h12:45.2 | 27:02.9 |
| 62 | 395 | Clément Lionel | 1992 | M20 | Prez-Vers-Siviriez | | 1h12:56.9 | 27:14.6 |
| 63 | 134 | Grandjean Côme (2009) | 2003 | M20 | Fribourg | | 1h13:34.6 | 27:52.3 |
| 64 | 20 | Berset Dominique | 1992 | M20 | Villargiroud | FC Stavia | 1h14:56.5 | 29:14.2 |
| 65 | 427 | Pittet Cyrille | 1996 | M20 | Marsens | CS Marsens | 1h14:57.9 | 29:15.6 |
| 66 | 79 | Cressier Anthony | 1994 | M20 | Neyruz | | 1h15:00.8 | 29:18.5 |
| 67 | 69 | Collaud Kewin | 1991 | M20 | Léchelles | | 1h17:11.6 | 31:29.3 |
| 68 | 387 | Risse Jérémie | 1992 | M20 | Pont-la-Ville | | 1h18:50.2 | 33:07.9 |
| 69 | 112 | Gaillet Frédéric | 1984 | M20 | Saint-Aubin | | 1h21:48.9 | 36:06.6 |
| 70 | 430 | Defferard Michaël | 1989 | M20 | Chavannes-sous-Orsonnens | | 1h23:24.7 | 37:42.4 |
| 71 | 396 | Deillon Cédric | 1994 | M20 | Vuarmarens | | 1h26:39.2 | 40:56.9 |
| 72 | 133 | Grandjean Thierry (2007) | 2003 | M20 | Fribourg | | 1h26:49.6 | 41:07.3 |
| 73 | 118 | Gendre Gonzague | 1995 | M20 | Neyruz | Cloros Team | 1h27:00.5 | 41:18.2 |
| 74 | 44 | Carrel Christophe | 1986 | M20 | Autigny | | 1h30:31.0 | 44:48.7 |
| 75 | 186 | Michaud Raphaël | 1997 | M20 | Villarsiviriaux | | 1h39:04.5 | 53:22.2 |
| 76 | 391 | Francey Jérôme | 1988 | M20 | Fribourg | CA Marly | 1h40:00.2 | 54:17.9 |

M40. Vétérans/Veteranen (1974-1983) 14,7km 10:00

| | | | | | | | | |
|---|-----|----------------|------|-----|---------|------------------------|---------|--|
| 1 | 124 | Girardet David | 1979 | M40 | Belfaux | Trilogie Sport-Revario | 50:41.6 | |
|---|-----|----------------|------|-----|---------|------------------------|---------|--|



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|------------------------|------|------|----------------------|-------------------------|-----------|---------|
| 2 | 283 | Dafflon Xavier | 1982 | M40 | Düdingen | Swiss Triathlon | 51:44.3 | 1:02.7 |
| 3 | 225 | Périsset Claude | 1981 | M40 | Estavayer-Le-Lac | CA Broyard | 52:57.9 | 2:16.3 |
| 4 | 264 | Vieira Gonçalves Paulo | 1975 | M40 | Düdingen | GDR.De Castelo De Paiva | 53:16.3 | 2:34.7 |
| 5 | 150 | Huber Erich | 1981 | M40 | Rechthalten | LAT Sense | 53:27.5 | 2:45.9 |
| 6 | 34 | Brügger Werner | 1975 | M40 | Giffers | AT Rechthalten | 53:44.9 | 3:03.3 |
| 7 | 195 | Morgado Mário | 1975 | M40 | Courtaman | CA Portugais Fribourg | 54:00.8 | 3:19.2 |
| 8 | 36 | Buchs Sébastien | 1982 | M40 | Orsonnens | CARC | 54:39.0 | 3:57.4 |
| 9 | 200 | Oudin Nathanaël | 1981 | M40 | Le Mouret | CA Portugais Fribourg | 55:06.2 | 4:24.6 |
| 10 | 234 | Rion Alexandre | 1983 | M40 | Billens | | 55:30.2 | 4:48.6 |
| 11 | 247 | Schorderet Yan | 1978 | M40 | Broc | CS Broc | 55:33.1 | 4:51.5 |
| 12 | 56 | Chaudoye Fabien | 1983 | M40 | Hauteville | ADN Coaching | 56:23.4 | 5:41.8 |
| 13 | 248 | Schroeter Christian | 1981 | M40 | Corminboeuf | | 56:58.2 | 6:16.6 |
| 14 | 413 | Conus Thierry | 1976 | M40 | Ayent | CS Vallée de Flon | 57:13.7 | 6:32.1 |
| 15 | 162 | Kolly Gérald | 1982 | M40 | Arconciel | ACPM Matran | 57:24.5 | 6:42.9 |
| 16 | 64 | Clerc Laurent | 1980 | M40 | La Roche Fr | CAG Farvagny | 58:19.7 | 7:38.1 |
| 17 | 390 | Bereket Fanus | 1979 | M40 | Villars Sur Glane | | 58:40.4 | 7:58.8 |
| 18 | 425 | Kolly Florian | 1982 | M40 | Vuadens | Kolbac Team | 59:01.0 | 8:19.4 |
| 19 | 185 | Meyer David | 1980 | M40 | Le Pâquier | | 59:04.5 | 8:22.9 |
| 20 | 406 | Gachet Nicolas | 1982 | M40 | Pringy | | 59:12.6 | 8:31.0 |
| 21 | 193 | Monteiro Filipe | 1974 | M40 | Tafers | LAT Sense | 59:55.1 | 9:13.5 |
| 22 | 77 | Cougil Yvan | 1981 | M40 | Cournillens | | 59:57.4 | 9:15.8 |
| 23 | 63 | Clerc Florian | 1977 | M40 | Corpataux | CAG Farvagny | 1h00:46.2 | 10:04.6 |
| 24 | 253 | Stauffacher Fabien | 1982 | M40 | Corminboeuf | | 1h00:59.3 | 10:17.7 |
| 25 | 126 | Gobet Gilles | 1983 | M40 | Sâles | FSG Sâles | 1h01:02.5 | 10:20.9 |
| 26 | 2 | Aebischer Adrian | 1974 | M40 | Heitenried | CA Portugais Fribourg | 1h01:28.0 | 10:46.4 |
| 27 | 294 | Egger Wolfgang | 1978 | M40 | Belfaux | Team Chasseral | 1h01:53.6 | 11:12.0 |
| 28 | 429 | Fait Jérémy | 1982 | M40 | Romont | | 1h02:20.8 | 11:39.2 |
| 29 | 393 | Zeray Goitom | 1977 | M40 | Fribourg | | 1h02:39.6 | 11:58.0 |
| 30 | 99 | Dousse Philippe | 1983 | M40 | Gumefens | CS Broc | 1h02:56.0 | 12:14.4 |
| 31 | 74 | Cornu Laurent | 1981 | M40 | Le Châtelard | | 1h05:03.9 | 14:22.3 |
| 32 | 266 | Vogt Philippe | 1980 | M40 | Alterswil | LAT Sense | 1h05:49.6 | 15:08.0 |
| 33 | 14 | Barbey Steve | 1979 | M40 | Ursy | | 1h06:05.6 | 15:24.0 |
| 34 | 125 | Glannaz Olivier | 1977 | M40 | Villars-Sur-Glâne | CAG Farvagny | 1h06:13.7 | 15:32.1 |
| 35 | 404 | Beaud Jérôme | 1983 | M40 | La Joux | | 1h06:31.2 | 15:49.6 |
| 36 | 422 | Gumy Laurent | 1974 | M40 | Corminboeuf | | 1h07:08.2 | 16:26.6 |
| 37 | 257 | Thomet Gregory | 1978 | M40 | Le Mouret | | 1h07:20.4 | 16:38.8 |
| 38 | 1 | Aebi Mikael | 1982 | M40 | Estavayer-Le-Gibloux | TPF | 1h08:51.5 | 18:09.9 |
| 39 | 18 | Berset Augustin | 1981 | M40 | Fribourg | | 1h09:04.5 | 18:22.9 |
| 40 | 279 | Asdourian Bruno | 1978 | M40 | Bern | STB Bern | 1h09:05.4 | 18:23.8 |
| 41 | 23 | Bieler Lukas | 1983 | M40 | Romont | Romont Gym | 1h09:26.4 | 18:44.8 |
| 42 | 292 | Zurkinden Patrick | 1975 | M40 | Düdingen | LAT SENSE | 1h10:15.9 | 19:34.3 |
| 43 | 127 | Gomes Fernando | 1974 | M40 | Le Mouret | CA Portugais Fribourg | 1h10:37.9 | 19:56.3 |
| 44 | 61 | Clerc Aurélien | 1982 | M40 | Corminboeuf | | 1h11:05.2 | 20:23.6 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|-----------------------------|------|------|-------------------|-------------|-----------|---------|
| 45 | 54 | Chassot Julien | 1981 | M40 | Fribourg | | 1h11:44.3 | 21:02.7 |
| 46 | 153 | Jones Patrick | 1976 | M40 | Villars-Sur-Glane | | 1h12:16.3 | 21:34.7 |
| 47 | 242 | Roulin Christophe | 1981 | M40 | Marsens | CS Marsens | 1h13:00.0 | 22:18.4 |
| 48 | 16 | Beer Nicolas | 1975 | M40 | Granges-Paccot | CA Belfaux | 1h13:04.3 | 22:22.7 |
| 49 | 212 | Pidoux Martin | 1983 | M40 | Romont | | 1h13:33.8 | 22:52.2 |
| 50 | 203 | Page Jérôme | 1979 | M40 | Orsonnens | | 1h13:35.6 | 22:54.0 |
| 51 | 176 | Mardon Julien | 1982 | M40 | Romont | | 1h14:08.8 | 23:27.2 |
| 52 | 132 | Grandjean Alexandre | 1979 | M40 | Fribourg | | 1h14:14.3 | 23:32.7 |
| 53 | 188 | Michel Patrick | 1983 | M40 | Villars-Sur-Glâne | | 1h14:35.5 | 23:53.9 |
| 54 | 424 | Gumy Edouard | 1976 | M40 | Ecuvillens | | 1h14:49.0 | 24:07.4 |
| 55 | 72 | Constantin Eric | 1981 | M40 | Corminboeuf | | 1h15:13.1 | 24:31.5 |
| 56 | 165 | Künzle Cyril | 1976 | M40 | Fribourg | | 1h15:44.5 | 25:02.9 |
| 57 | 426 | Gendre Frédéric | 1974 | M40 | Neyruz | | 1h17:27.7 | 26:46.1 |
| 58 | 281 | Martinsizeda Pedro Enrique | 1974 | M40 | Broc | | 1h18:00.7 | 27:19.1 |
| 59 | 5 | Alvez Alexandre | 1977 | M40 | Prilly | | 1h18:55.5 | 28:13.9 |
| 60 | 181 | Mercier Sébastien | 1978 | M40 | Maules | | 1h21:21.0 | 30:39.4 |
| 61 | 300 | Bouquet David | 1980 | M40 | Cheyres | | 1h22:41.9 | 32:00.3 |
| 62 | 178 | Martins Lopes Luis Henrique | 1981 | M40 | Bulle | | 1h27:49.9 | 37:08.3 |
| 63 | 269 | Vuillaume Sébastien | 1981 | M40 | Corserey | | 1h32:17.9 | 41:36.3 |

M50. Vétérans/Veteranen (1964-1973) 14,7km 10:00

| | | | | | | | | |
|----|-----|----------------------|------|-----|-------------------|---------------------------|-----------|---------|
| 1 | 215 | Pinela Mario | 1969 | M50 | Fribourg | CA Portugais Fribourg | 52:41.1 | |
| 2 | 24 | Bigler Denis | 1969 | M50 | Courgevaux | AC Murten Trilogie Sport | 53:22.9 | 41.8 |
| 3 | 284 | Vonlanthen Mario | 1971 | M50 | Rechthalten | Athletic Team Rechthalten | 55:47.6 | 3:06.5 |
| 4 | 237 | Romanens Pierre | 1973 | M50 | Villars-Sur-Glâne | CAG Farvagny | 56:15.4 | 3:34.3 |
| 5 | 173 | L'homme Jean-Joseph | 1965 | M50 | Bulle | Team Castella sports | 56:47.0 | 4:05.9 |
| 6 | 182 | Mesot Jean-Pierre | 1969 | M50 | Mézières | CS Vallée du Flon | 57:37.3 | 4:56.2 |
| 7 | 219 | Pochon Frédéric | 1973 | M50 | Avry-Devant-Pont | CS Hauteville | 58:15.8 | 5:34.7 |
| 8 | 31 | Bouzon Daniel | 1972 | M50 | Lovens | Team Bouzon | 58:37.9 | 5:56.8 |
| 9 | 228 | Reis Victor | 1964 | M50 | Payerne | CA Portugais Fribourg | 59:39.0 | 6:57.9 |
| 10 | 139 | Guillet Laurent | 1967 | M50 | Marly | CA Marly | 59:47.5 | 7:06.4 |
| 11 | 268 | Vonlanthen Daniel | 1972 | M50 | Magnedens | CAG Farvagny | 59:55.6 | 7:14.5 |
| 12 | 394 | Jamet Arnaud | 1973 | M50 | Villars-sur-Glane | | 1h01:03.7 | 8:22.6 |
| 13 | 202 | Pache Jean-Claude | 1965 | M50 | Lussy | CARC /Team Castella sport | 1h01:26.8 | 8:45.7 |
| 14 | 101 | Dubey Nicolas | 1968 | M50 | Neyruz | CAG Farvagny | 1h01:37.6 | 8:56.5 |
| 15 | 297 | Curty Olivier | 1972 | M50 | Morat | AC Morat | 1h01:49.9 | 9:08.8 |
| 16 | 263 | Vicini Didier | 1972 | M50 | Blonay | | 1h02:18.9 | 9:37.8 |
| 17 | 189 | Monney Martial | 1969 | M50 | Corpataux | CAG Farvagny | 1h02:57.6 | 10:16.5 |
| 18 | 223 | Porões Benjamim | 1966 | M50 | Courtepin | CA Portugais Fribourg | 1h03:15.3 | 10:34.2 |
| 19 | 194 | Moreira Luis Antonio | 1967 | M50 | Fribourg | | 1h03:46.8 | 11:05.7 |
| 20 | 210 | Philipona Marc | 1970 | M50 | Rechthalten | AT Rechthalten | 1h04:15.2 | 11:34.1 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|---------------------------------|------|------|----------------------|-----------------------|-----------|---------|
| 21 | 382 | Blanc Claude | 1971 | M50 | Villarsiviriaux | | 1h04:34.4 | 11:53.3 |
| 22 | 385 | Roze Fabrice | 1971 | M50 | St Antoni | LAT SENSE | 1h04:59.6 | 12:18.5 |
| 23 | 403 | Kolly Olivier | 1973 | M50 | Corpataux | | 1h05:36.8 | 12:55.7 |
| 24 | 122 | Girard Yvan | 1967 | M50 | Bulle | SA Bulle | 1h06:48.6 | 14:07.5 |
| 25 | 75 | Costa Albino | 1968 | M50 | Villars Sur Glane | CA Portugais Fribourg | 1h07:54.4 | 15:13.3 |
| 26 | 111 | Gachoud Frederic | 1966 | M50 | Pont | CS Vallée du Flon | 1h08:45.1 | 16:04.0 |
| 27 | 108 | Francey Eric | 1971 | M50 | Léchelles | Team Franic | 1h09:14.3 | 16:33.2 |
| 28 | 67 | Cochard Serge | 1970 | M50 | Corpataux | | 1h10:37.2 | 17:56.1 |
| 29 | 386 | Martins Bastos Manuel Augusto | 1972 | M50 | Broc | | 1h11:40.8 | 18:59.7 |
| 30 | 119 | Genin Pascal | 1965 | M50 | Enney | | 1h12:07.6 | 19:26.5 |
| 31 | 42 | Bürgisser Beat | 1971 | M50 | Düdingen | LAT Sense | 1h12:13.1 | 19:32.0 |
| 32 | 50 | Cetrangolo Giuseppe | 1970 | M50 | Morat | peppepoulet .ch | 1h12:54.8 | 20:13.7 |
| 33 | 206 | Perritaz Bernard | 1969 | M50 | Ecuvillens | | 1h13:53.2 | 21:12.1 |
| 34 | 388 | Wyssmüller Martin | 1969 | M50 | Marsens | CS Marsens | 1h14:42.1 | 22:01.0 |
| 35 | 267 | Von Der Forst Alexander | 1967 | M50 | Posieux | CAG Farvagny | 1h15:52.3 | 23:11.2 |
| 36 | 272 | Waelti Albert | 1969 | M50 | Wohlen Bei Bern | ACPM Matran | 1h16:18.5 | 23:37.4 |
| 37 | 161 | Kolly Jacques | 1972 | M50 | Le Mouret | ACPM Matran | 1h17:32.0 | 24:50.9 |
| 38 | 401 | Chofflon Olivier | 1972 | M50 | Farvagny-le-Petit | CAG Farvagny | 1h17:47.3 | 25:06.2 |
| 39 | 158 | Kolly Christian | 1967 | M50 | Farvagny-Le-Petit | CAG Farvagny | 1h17:51.9 | 25:10.8 |
| 40 | 197 | Oberhofer Laurent | 1966 | M50 | Fribourg | | 1h18:36.0 | 25:54.9 |
| 41 | 7 | Angéloz Henri | 1964 | M50 | Ursy | CA Portugais Fribourg | 1h18:37.1 | 25:56.0 |
| 42 | 409 | Neuhaus Pascal | 1968 | M50 | Le Mouret | CA Marly | 1h20:40.5 | 27:59.4 |
| 43 | 389 | Garcier dos Santos Antonio José | 1967 | M50 | La Tour De Trême | | 1h20:55.2 | 28:14.1 |
| 44 | 144 | Hassler Nicolas | 1971 | M50 | Sâles | FSG Sâles | 1h21:12.8 | 28:31.7 |
| 45 | 140 | Guisolan François | 1970 | M50 | Villars-Sur-Glâne | ACPM Matran | 1h21:54.5 | 29:13.4 |
| 46 | 241 | Roubaty Yves | 1966 | M50 | Ependes | | 1h22:11.9 | 29:30.8 |
| 47 | 116 | Geinoz Stephane | 1973 | M50 | Rueyres-St-Laurent | | 1h22:37.2 | 29:56.1 |
| 48 | 239 | Rosset Stéphane | 1972 | M50 | Belfaux | | 1h24:07.8 | 31:26.7 |
| 49 | 83 | Cuennet Yvan | 1971 | M50 | Torny | | 1h26:32.2 | 33:51.1 |
| 50 | 290 | Roulin Olivier | 1966 | M50 | Estavayer-le-Gibloux | CAG Farvagny | 1h26:58.1 | 34:17.0 |
| 51 | 89 | De Gasparo Charles-Etienne | 1966 | M50 | Schmitten | LAT Sense | 1h28:40.3 | 35:59.2 |
| 52 | 3 | Alleyn Rudy | 1965 | M50 | Bonnefontaine | CA Portugais Fribourg | 1h29:42.9 | 37:01.8 |
| 53 | 117 | Gendre Jean-Daniel | 1965 | M50 | Neyruz | Cloros Team | 1h35:15.8 | 42:34.7 |

M60. Vétérans/Veteranen (1954-1963) 14,7km 10:00

| | | | | | | | | |
|---|-----|---------------|------|-----|-------------------|-------------------------|-----------|--------|
| 1 | 15 | Barras Gilles | 1961 | M60 | Farvagny-Le-Grand | CAG Farvagny | 1h02:00.8 | |
| 2 | 145 | Hayoz Erwin | 1963 | M60 | Villarepos | CA Portugais Fribourg | 1h03:49.5 | 1:48.7 |
| 3 | 286 | Wyssen Alwin | 1962 | M60 | Zumholz | Athletic Team Rechalten | 1h07:22.2 | 5:21.4 |
| 4 | 236 | Rolão João | 1962 | M60 | Montecherand | CA Portugais Fribourg | 1h07:33.7 | 5:32.9 |
| 5 | 40 | Butty Roger | 1963 | M60 | Ecublens | | 1h07:36.2 | 5:35.4 |
| 6 | 170 | Lüke Michael | 1962 | M60 | La Tour De Trême | SA Bulle | 1h09:45.0 | 7:44.2 |



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|----|------|-----------------------|------|------|-------------|-----------------------|-----------|---------|
| 7 | 51 | Chappuis Michel | 1954 | M60 | Fribourg | CAG Farvagny | 1h10:12.9 | 8:12.1 |
| 8 | 32 | Bovet Pascal | 1960 | M60 | Corminboeuf | | 1h10:36.7 | 8:35.9 |
| 9 | 400 | Cougil José Luis | 1958 | M60 | Misery | | 1h13:08.6 | 11:07.8 |
| 10 | 37 | Burnet Eric | 1960 | M60 | La Corbaz | ACPM | 1h16:42.6 | 14:41.8 |
| 11 | 187 | Michel Remy | 1957 | M60 | Neyruz | CA Portugais Fribourg | 1h18:53.8 | 16:53.0 |
| 12 | 27 | Bourguetou Alain | 1962 | M60 | Les Paccots | | 1h19:50.7 | 17:49.9 |
| 13 | 10 | Bachmann Jean-Bernard | 1962 | M60 | La Roche | CA Marly | 1h20:42.9 | 18:42.1 |
| 14 | 47 | Castella Joseph | 1962 | M60 | Neirivue | CS Neirivue | 1h21:36.8 | 19:36.0 |
| 15 | 250 | Silva Diamantino | 1963 | M60 | Arconciel | CA Portugais Fribourg | 1h23:32.8 | 21:32.0 |
| 16 | 163 | Kruit Fred | 1961 | M60 | Fribourg | | 1h24:10.6 | 22:09.8 |
| 17 | 106 | Fernandes Amaro | 1961 | M60 | Fribourg | SMRUN | 1h24:45.6 | 22:44.8 |

M70. Vétérans/Veteranen (1953 et plus âgés/älter) 14,7km 10:00

| | | | | | | | | |
|---|-----|----------------------|------|-----|---------------------|-----------------------|-----------|---------|
| 1 | 256 | Terreaux Bernard | 1952 | M70 | Vuisternens-En-Ogoz | CAG Farvagny | 1h05:19.8 | |
| 2 | 164 | Küffer Walter | 1952 | M70 | Schmitten | LAT Sense | 1h15:56.6 | 10:36.8 |
| 3 | 293 | Jenny Peter | 1951 | M70 | St-Antoni | LAT SENSE | 1h16:49.4 | 11:29.6 |
| 4 | 277 | Zbinden Marius | 1950 | M70 | St.Ursen | LAT Sense | 1h17:48.8 | 12:29.0 |
| 5 | 254 | Stritt Karl | 1950 | M70 | Tafers | Lat Sense | 1h18:03.2 | 12:43.4 |
| 6 | 231 | Rickli Hans | 1952 | M70 | Lausanne | Seniors de Coubertin | 1h21:29.7 | 16:09.9 |
| 7 | 238 | Rossel Jean-Luc | 1953 | M70 | Riaz | CS Marsens | 1h24:04.1 | 18:44.3 |
| 8 | 229 | Remy Charles-Henri | 1953 | M70 | Fribourg | CA Portugais Fribourg | 1h27:26.9 | 22:07.1 |
| 9 | 57 | Chavaillaz Bernardin | 1943 | M70 | Ecuvillens | CAG Farvagny | 1h29:44.0 | 24:24.2 |

FCB. Cadettes B (2008-2009) 7,5km 10:22

| | | | | | | | | |
|---|-----|-------------------|------|-----|------------------------|-----------------------|---------|---------|
| 1 | 551 | Progin Alodie | 2009 | FCB | Avry-Devant-Pont | CS Marsens | 34:22.1 | |
| 2 | 580 | Zbinden Chiara | 2009 | FCB | Bulle | CS Marsens | 36:16.7 | 1:54.6 |
| 3 | 583 | Schuwey Lena | 2008 | FCB | Im Fang | Sc Im Fang | 36:30.4 | 2:08.3 |
| 4 | 513 | Cuche Lucia | 2008 | FCB | Corcelles-Près-Payerne | CA Portugais Fribourg | 38:53.9 | 4:31.8 |
| 5 | 566 | Studer Ella | 2009 | FCB | Villarimboud | | 39:40.7 | 5:18.6 |
| 6 | 579 | Wist Isaline | 2008 | FCB | Châtonnaye | | 52:40.0 | 18:17.9 |
| 7 | 511 | Corminboeuf Célia | 2008 | FCB | Villaraboud | | 56:54.7 | 22:32.6 |

FCA. Cadettes A (2006-2007) 7,5km 10:22

| | | | | | | | | |
|---|-----|---------------------|------|-----|-----------|--------------|---------|--------|
| 1 | 539 | Kapeller Gwendoline | 2006 | FCA | Cottens | CAG Farvagny | 35:47.5 | |
| 2 | 559 | Savary Lomée | 2006 | FCA | Romanens | CS Marsens | 36:33.8 | 46.3 |
| 3 | 575 | Vial Clémence | 2007 | FCA | Echarlens | CS Marsens | 36:45.0 | 57.5 |
| 4 | 546 | Oberson Audrey | 2007 | FCA | Vaulruz | CS Marsens | 38:28.1 | 2:40.6 |



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Classements par catégories
Rangliste nach Kategorien



| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|---------------|------|------|-----------------|---------------|---------|---------|
| 5 | 567 | Studer Méline | 2007 | FCA | Villarimboud | | 39:17.7 | 3:30.2 |
| 6 | 553 | Python Amélie | 2007 | FCA | Wünnewil | TV Wünnewil | 40:03.8 | 4:16.3 |
| 7 | 552 | Python Laurie | 2006 | FCA | Wünnewil | TV Wünnewil | 43:07.2 | 7:19.7 |
| 8 | 542 | Magnin Elodie | 2006 | FCA | Corbières | CS Hauteville | 45:13.7 | 9:26.2 |
| 9 | 530 | Grivel Nadège | 2007 | FCA | Rossens | | 47:04.8 | 11:17.3 |
| 10 | 581 | Joye Marine | 2007 | FCA | Villarsiviriaux | CARC Romont | 48:40.6 | 12:53.1 |

MCB. Cadets B (2008-2009) 7,5km 10:22

| | | | | | | | | |
|---|-----|----------------------|------|-----|------------|---------------|---------|---------|
| 1 | 550 | Philipona Michaël | 2009 | MCB | Vuippens | CS Marsens | 28:37.0 | |
| 2 | 536 | Jaccoud Samuel | 2008 | MCB | Auboranges | CARC Romont | 31:34.1 | 2:57.1 |
| 3 | 584 | Schmutz Noah | 2009 | MCB | Ursy | | 31:43.0 | 3:06.0 |
| 4 | 549 | Pelet Guillaume | 2008 | MCB | Pomy | | 34:30.5 | 5:53.5 |
| 5 | 508 | Conus Yann | 2009 | MCB | Siviriez | CARC Romont | 35:04.2 | 6:27.2 |
| 6 | 556 | Python Emeric | 2008 | MCB | Romont | Python Family | 38:41.8 | 10:04.8 |
| 7 | 541 | Künzle Arthur (2010) | 2009 | MCB | Fribourg | | 45:10.0 | 16:33.0 |

MCA. Catets A (2006-2007) 7,5km 10:22

| | | | | | | | | |
|---|-----|--------------------|------|-----|------------------|-------------|---------|---------|
| 1 | 506 | Carvalho Cristiano | 2007 | MCA | Pensier | CA Belfaux | 25:00.6 | |
| 2 | 535 | Hunziker Arnaud | 2006 | MCA | Vuadens | CS Marsens | 26:02.0 | 1:01.4 |
| 3 | 522 | Fellay Noah | 2006 | MCA | Vuadens | CS Marsens | 32:27.6 | 7:27.0 |
| 4 | 582 | Demierre Arnaud | 2007 | MCA | Corminboeuf | | 34:48.0 | 9:47.4 |
| 5 | 577 | Vuitel Philip | 2007 | MCA | Villaz-St-Pierre | CARC Romont | 40:41.8 | 15:41.2 |

FP. Dames Populaires 7,5km 10:22

| | | | | | | | | |
|----|-----|----------------------|------|----|----------------------|--------------------------|---------|---------|
| 1 | 503 | Bouzon Slavka | 1977 | FP | Lovens | Team Bouzon | 30:27.6 | |
| 2 | 520 | Esnault Estelle | 1998 | FP | Romagne - France | Compagnons de la Clouère | 36:00.3 | 5:32.7 |
| 3 | 532 | Guillebeau Claudia | 1973 | FP | Tafers | LAT Sense | 37:47.3 | 7:19.7 |
| 4 | 516 | Demierre Clara | 2002 | FP | Villaz-St-Pierre | | 38:06.6 | 7:39.0 |
| 5 | 301 | Sturny Evelyne | 1981 | FP | Tafers | LAT SENSE | 39:08.5 | 8:40.9 |
| 6 | 617 | Sallin Maude | 1995 | FP | Romont | | 40:33.7 | 10:06.1 |
| 7 | 560 | Schmoutz Zoé | 2002 | FP | Villaraboud | | 40:59.4 | 10:31.8 |
| 8 | 574 | Vallélian Floriane | 1989 | FP | Romont | Judo Club Romont | 41:47.9 | 11:20.3 |
| 9 | 514 | Dafflon Amélie | 1983 | FP | Estavayer-Le-Gibloux | | 41:48.7 | 11:21.1 |
| 10 | 578 | Waeber Christelle | 1990 | FP | Villarsel-Le-Gibloux | | 41:52.7 | 11:25.1 |
| 11 | 609 | Dirlewanger Fabienne | 1975 | FP | Penthalaz | | 42:10.1 | 11:42.5 |
| 12 | 616 | Moret Charlotte | 1992 | FP | Broc | | 42:31.8 | 12:04.2 |
| 13 | 544 | Noger Christelle | 1984 | FP | Giffers | | 42:47.9 | 12:20.3 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|-----------------------|------|------|-------------------|-------------|-----------|---------|
| 14 | 501 | Angéloz Cindy | 1982 | FP | Villars-Sur-Glâne | | 42:48.4 | 12:20.8 |
| 15 | 562 | Silva Mélody | 2000 | FP | Remaufens | | 42:54.7 | 12:27.1 |
| 16 | 555 | Python Christine | 1980 | FP | Wünnewil | | 43:20.3 | 12:52.7 |
| 17 | 525 | Gautron Moura Bianca | 1983 | FP | Villars-Sur-Glâne | | 44:21.9 | 13:54.3 |
| 18 | 613 | Conus Isabelle | 1979 | FP | Siviriez | | 45:51.7 | 15:24.1 |
| 19 | 615 | Lagger Jessica | 1982 | FP | Siviriez | | 46:11.4 | 15:43.8 |
| 20 | 607 | Jorand Chantal | 1971 | FP | Torny-le-Grand | | 47:24.8 | 16:57.2 |
| 21 | 618 | Baudois Anaïs | 1993 | FP | Lussy | | 48:17.1 | 17:49.5 |
| 22 | 538 | Jordan Geraldine | 1988 | FP | Lussy | | 48:25.1 | 17:57.5 |
| 23 | 517 | Dousse Marilyne | 1983 | FP | Bulle | | 48:35.9 | 18:08.3 |
| 24 | 510 | Corminboeuf Auriane | 2001 | FP | Villarabout | | 49:21.8 | 18:54.2 |
| 25 | 518 | Dupont Tiffany | 2000 | FP | Courtaman | | 49:24.4 | 18:56.8 |
| 26 | 502 | Bolle-Reddat Réjane | 1995 | FP | Romont | | 49:38.2 | 19:10.6 |
| 27 | 563 | Spicher Caroline | 1996 | FP | Treyvaux | | 49:51.1 | 19:23.5 |
| 28 | 524 | Freire Samanta | 1999 | FP | Ecuvillens | | 50:26.4 | 19:58.8 |
| 29 | 527 | Gfeller Laban Barbara | 1973 | FP | Châtonnaye | | 51:03.9 | 20:36.3 |
| 30 | 545 | Nusbaumer Catherine | 1974 | FP | Fribourg | | 51:28.6 | 21:01.0 |
| 31 | 565 | Steinarsson Florence | 1976 | FP | Estavayer Le Lac | | 52:25.1 | 21:57.5 |
| 32 | 557 | Raboud Mireille | 1969 | FP | Essert | | 54:34.1 | 24:06.5 |
| 33 | 259 | Tornay Joséphine | 1986 | FP | Bulle | | 54:47.4 | 24:19.8 |
| 34 | 512 | Crausaz Marion | 1997 | FP | Rossens Fr | | 57:14.1 | 26:46.5 |
| 35 | 509 | Corminboeuf Stéphanie | 1974 | FP | Villarabout | | 59:12.9 | 28:45.3 |
| 36 | 571 | Tâche Lauriane | 1992 | FP | Villarsiviriaux | | 1h02:36.2 | 32:08.6 |

MP. Hommes Populaires 7,5km 10:22

| | | | | | | | | |
|----|-----|-----------------------|------|----|------------------|--------------------------|---------|---------|
| 1 | 570 | Torche Julien | 1999 | MP | Tentlingen | SA Bulle | 24:45.1 | |
| 2 | 505 | Carvalho Sergio | 1977 | MP | Pensier | | 26:01.5 | 1:16.4 |
| 3 | 548 | Pasquier Philippe | 1992 | MP | Riaz | | 28:00.2 | 3:15.1 |
| 4 | 601 | Thierrin Xavier | 1979 | MP | Grolley | | 28:08.7 | 3:23.6 |
| 5 | 504 | Calderón Solal | 1993 | MP | Genève | Team TDL | 29:09.5 | 4:24.4 |
| 6 | 619 | Gremaud Maxime | 1991 | MP | Grandvillard | CS Broc | 29:43.5 | 4:58.4 |
| 7 | 521 | Fabio Da Costa | 1994 | MP | Genève | Team TDL | 30:55.5 | 6:10.4 |
| 8 | 564 | Steinarsson Axel | 1981 | MP | Estavayer Le Lac | | 31:20.9 | 6:35.8 |
| 9 | 569 | Tissot Yannick | 1992 | MP | La Tour-De-Trême | SA Bulle | 31:25.0 | 6:39.9 |
| 10 | 621 | De Sainte Marie Alban | 1983 | MP | Genève | | 31:32.6 | 6:47.5 |
| 11 | 573 | Vallélian Damien | 1998 | MP | Villaz-St-Pierre | | 33:17.4 | 8:32.3 |
| 12 | 526 | Gentile Samir | 1993 | MP | Grilly | Team TDL | 33:29.4 | 8:44.3 |
| 13 | 515 | Dalmon Enzo | 1998 | MP | Romagne France | Compagnons de la Clouère | 34:48.7 | 10:03.6 |
| 14 | 602 | Gremaud Yannick | 1992 | MP | Broc | Team Fenek | 35:16.9 | 10:31.8 |
| 15 | 540 | Kappeler Guillaume | 2001 | MP | Cottens | | 35:39.9 | 10:54.8 |
| 16 | 568 | Tella Jean-Claude | 1963 | MP | Billens | CARC Romont | 35:48.6 | 11:03.5 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|----------------------|------|------|--------------------|----------------------|-----------|---------|
| 17 | 572 | Valentin Mivelaz | 1993 | MP | Romont | Ateliers de la Glâne | 38:44.1 | 13:59.0 |
| 18 | 537 | Jaquier Cyril | 1981 | MP | Romont Fr | | 38:55.8 | 14:10.7 |
| 19 | 603 | Soares Augusto | 1966 | MP | Villars Sur Glâne | CAPF Fribourg | 39:14.4 | 14:29.3 |
| 20 | 611 | Gianini Rima Gabriel | 1978 | MP | Prez-Vers-Siviriez | | 41:22.9 | 16:37.8 |
| 21 | 554 | Python Emmanuel | 1978 | MP | Wünnewil | | 41:34.0 | 16:48.9 |
| 22 | 612 | Lopes Dinis | 1990 | MP | Esmonts | | 43:33.4 | 18:48.3 |
| 23 | 622 | Bard Valentin | 1990 | MP | Romont | | 44:09.3 | 19:24.2 |
| 24 | 533 | Guillet Thomas_ | 2003 | MP | Vuadens | Ateliers de la Glâne | 46:02.0 | 21:16.9 |
| 25 | 620 | Revertera Jean | 1984 | MP | Romont | Romont Gym | 46:26.5 | 21:41.4 |
| 26 | 604 | Waeber Rene | 1959 | MP | Schmitten | LAT Sense | 46:35.3 | 21:50.2 |
| 27 | 605 | Guillet Vincent | 1970 | MP | Vuadens | | 46:38.8 | 21:53.7 |
| 28 | 614 | Conus Frédéric | 1973 | MP | Siviriez | | 47:23.3 | 22:38.2 |
| 29 | 576 | Villoz Guillaume | 1996 | MP | Romont | Ateliers de la Glâne | 51:59.1 | 27:14.0 |
| 30 | 610 | Robadey Félix | 1944 | MP | Epagny | Cloros FSG Bulle | 1h05:19.1 | 40:34.0 |

FEA. Ecolières A (2010-2011) 3km 11:20

| | | | | | | | | |
|---|-----|-------------------|------|-----|--------------------|-------------------|---------|--------|
| 1 | 820 | Maurin Orience | 2011 | FEA | Pully | Lausanne Sport | 12:48.2 | |
| 2 | 686 | Pinto Anaïs | 2010 | FEA | Fiaugères | CS Vallée du Flon | 13:37.3 | 49.1 |
| 3 | 688 | Roulin Estelle | 2010 | FEA | Marsens | CS Marsens | 14:40.0 | 1:51.8 |
| 4 | 684 | Oberson Lucile | 2011 | FEA | Vaulruz | CS Marsens | 14:42.4 | 1:54.2 |
| 5 | 682 | Gianini Rima Jade | 2010 | FEA | Prez-Vers-Siviriez | CARC Romont | 14:52.4 | 2:04.2 |

MEA. Ecoliers A (2010-2011) 3km 11:20

| | | | | | | | | |
|----|-----|----------------------|------|-----|--------------------|--------------------------|-----------|-----------|
| 1 | 784 | Roze Lucas | 2010 | MEA | Saint-Antoni | Athletic Team Rechtalten | 11:59.4 | |
| 2 | 809 | Clément Ethan | 2011 | MEA | Prez-Vers-Siviriez | | 12:58.8 | 59.4 |
| 3 | 802 | Jaccoud Loan | 2010 | MEA | Auboranges | | 13:12.9 | 1:13.5 |
| 4 | 801 | Rochat Théliau | 2010 | MEA | Vauderens | | 13:19.1 | 1:19.7 |
| 5 | 800 | Schmutz Simon | 2011 | MEA | Ursy | | 13:31.6 | 1:32.2 |
| 6 | 683 | Grognuz Baptiste | 2010 | MEA | Bioley-Orjulaz | Les Traîne-Gourdins | 13:38.1 | 1:38.7 |
| 7 | 690 | Thorimbert Maxime | 2011 | MEA | Villaraboud | | 14:01.1 | 2:01.7 |
| 8 | 689 | Steinarsson Julian_ | 2011 | MEA | Estavayer Le Lac | | 14:06.9 | 2:07.5 |
| 9 | 685 | Okbamichael Esay | 2010 | MEA | Romont | | 14:20.6 | 2:21.2 |
| 10 | 819 | Metzler Thibaud | 2011 | MEA | Montet | | 15:20.7 | 3:21.3 |
| 11 | 681 | Constantin Arthur | 2010 | MEA | Corminboeuf | | 15:28.7 | 3:29.3 |
| 12 | 789 | Eggenschwiler Arthur | 2010 | MEA | Meyriez | | 1h14:38.8 | 1h02:39.4 |

FEB. Ecolières B (2012-2013) 2km 11:40

| | | | | | | | | |
|---|-----|----------------|------|-----|----------|------------|--------|--|
| 1 | 711 | Vienne Chelsea | 2013 | FEB | Corseaux | CA Riviera | 8:56.8 | |
|---|-----|----------------|------|-----|----------|------------|--------|--|



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|-------------------------|------|------|------------------|---------------|---------|--------|
| 2 | 806 | Scheurer Léa | 2012 | FEB | Grandvillard | CS Neirivue | 9:21.7 | 24.9 |
| 3 | 710 | Vicini Tia | 2012 | FEB | Blonay | Triviera | 9:31.9 | 35.1 |
| 4 | 694 | Conus Léonie | 2013 | FEB | Avry-Dvt-Pont | SA Bulle | 9:56.4 | 59.6 |
| 5 | 705 | Rion Margaux | 2013 | FEB | Billens | CARC Romont | 10:00.7 | 1:03.9 |
| 6 | 701 | Mardon Emily | 2012 | FEB | Romont | | 10:27.3 | 1:30.5 |
| 7 | 698 | Gachet Alicia | 2012 | FEB | Le Pâquier | CS Le Pâquier | 10:32.6 | 1:35.8 |
| 8 | 810 | Calcaterra Lily | 2013 | FEB | Marsens | | 10:47.7 | 1:50.9 |
| 9 | 826 | Hablützel Yael | 2012 | FEB | Middes | CA Middes | 10:53.4 | 1:56.6 |
| 10 | 695 | Conus Eline | 2013 | FEB | Siviriez | CARC Romont | 10:59.5 | 2:02.7 |
| 11 | 793 | Jaquier Solène | 2012 | FEB | Romont | | 11:30.7 | 2:33.9 |
| 12 | 696 | Da Veiga Tavares Alison | 2012 | FEB | Villariaz | CARC Romont | 11:44.2 | 2:47.4 |
| 13 | 782 | Baldeck Garance | 2013 | FEB | Mézières | | 11:46.5 | 2:49.7 |
| 14 | 697 | Friedly Isil | 2012 | FEB | Villaz-St-Pierre | | 16:17.5 | 7:20.7 |

MEB. Ecoliers B (2012-2013) 2km 11:40

| | | | | | | | | |
|----|-----|-------------------------|------|-----|------------------|-------------|---------|--------|
| 1 | 805 | Jaccard Lino | 2013 | MEB | Romont | | 8:33.1 | |
| 2 | 817 | De Sainte Marie Charles | 2013 | MEB | Genève | | 8:40.9 | 7.8 |
| 3 | 798 | Steinarsson Elias | 2013 | MEB | Estavayer-le-Lac | | 8:47.0 | 13.9 |
| 4 | 706 | Roulin Lucien | 2013 | MEB | Marsens | CS Marsens | 8:48.1 | 15.0 |
| 5 | 700 | Maillard Mathis | 2013 | MEB | Vauderens | CARC Romont | 8:50.1 | 17.0 |
| 6 | 707 | Stauffacher Marius | 2013 | MEB | Corminboeuf | | 9:26.6 | 53.5 |
| 7 | 790 | Eggenschwiler Gauthier | 2013 | MEB | Meyriez | | 9:27.3 | 54.2 |
| 8 | 709 | Thorimbert Alexis | 2013 | MEB | Villaraboud | | 10:03.6 | 1:30.5 |
| 9 | 812 | Revertera Zéphyr | 2012 | MEB | Romont | | 10:25.9 | 1:52.8 |
| 10 | 693 | Constantin Max | 2013 | MEB | Corminboeuf | | 10:31.2 | 1:58.1 |
| 11 | 691 | Bapst Damien | 2013 | MEB | Grangettes | CARC Romont | 10:43.0 | 2:09.9 |
| 12 | 692 | Bieler Klaas | 2013 | MEB | Romont | | 10:49.5 | 2:16.4 |
| 13 | 704 | Ramos Silva Naïm | 2013 | MEB | Romont | CARC Romont | 11:02.7 | 2:29.6 |
| 14 | 702 | Mardon William | 2013 | MEB | Romont | | 12:08.0 | 3:34.9 |
| 15 | 788 | Pelet Thomas | 2012 | MEB | Pomy | | 12:26.6 | 3:53.5 |

FEC. Ecolières C (2014-2015) 800m 11:55

| | | | | | | | | |
|---|-----|----------------|------|-----|---------------|------------------|--------|------|
| 1 | 724 | Vuillaume Tia | 2014 | FEC | Corserey | Cottens Athlètes | 4:11.0 | |
| 2 | 808 | Kaymaz Liya | 2014 | FEC | Fribourg | | 4:12.1 | 1.1 |
| 3 | 803 | Schmutz Lucie | 2015 | FEC | Ursy | | 4:14.6 | 3.6 |
| 4 | 794 | Jaquier Zoé | 2015 | FEC | Romont | | 4:15.3 | 4.3 |
| 5 | 723 | Pidoux Rosalie | 2014 | FEC | Romont | CARC Romont | 4:34.4 | 23.4 |
| 6 | 713 | Conus Anna | 2015 | FEC | Avry-Dvt-Pont | SA Bulle | 4:44.5 | 33.5 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|---|------|--------------------------|------|------|-----------------------|--------------------|--------|--------|
| MEC. Ecoliers C (2014-2015) 800m 11:55 | | | | | | | | |
| 1 | 720 | Maillard Arthur | 2015 | MEC | Vauderens | Kids Bike Horizon/ | 3:38.1 | |
| 2 | 712 | Berset Théo | 2014 | MEC | Farvagny | | 3:40.2 | 2.1 |
| 3 | 716 | Deillon Flavien | 2014 | MEC | La Joux | Kids Bike Horizon | 3:44.9 | 6.8 |
| 4 | 816 | De Sainte Marie Achilles | 2015 | MEC | Genève | | 3:49.3 | 11.2 |
| 5 | 811 | Bussard Thomas | 2014 | MEC | Romont | CARC Romont | 4:00.2 | 22.1 |
| 6 | 813 | Revertera Léo | 2014 | MEC | Romont | | 4:03.0 | 24.9 |
| 7 | 831 | Gachet Thibaud | 2014 | MEC | Vauderens | | 4:03.7 | 25.6 |
| 8 | 715 | Cuennet Théo | 2014 | MEC | Romont | | 4:11.6 | 33.5 |
| 9 | 714 | Cougil Pablo | 2014 | MEC | Cournillens | | 4:26.7 | 48.6 |
| 10 | 722 | Monney Maxime | 2015 | MEC | Vuisternens-Dv-Romont | CARC Romont | 4:27.7 | 49.6 |
| 11 | 719 | Jaquier Charlie | 2015 | MEC | Billens | | 4:30.3 | 52.2 |
| 12 | 783 | Baldeck Alix (2016) | 2015 | MEC | Mézières | | 4:43.0 | 1:04.9 |
| 13 | 717 | Descloux Mathis | 2015 | MEC | Romont | | 4:57.3 | 1:19.2 |
| 14 | 818 | Pou Benjamin | 2014 | MEC | Mezière | | 5:15.8 | 1:37.7 |

MPO. Poussins (2016 et plus jeunes) 400m 12:00

| | | | | | | | | |
|----|-----|-------------------|------|-----|-----------------------|-------------------|--------|--------|
| 1 | 832 | Marques Lorenzo | 2016 | MPO | Villars-sur-Glane | Vélo ClubFribourg | 1:45.6 | |
| 2 | 807 | Kaymaz Yan | 2017 | MPO | Fribourg | | 1:55.5 | 9.9 |
| 3 | 796 | Lopes Ryan | 2016 | MPO | Esmonts | | 2:00.0 | 14.4 |
| 4 | 738 | Michaud Gabriel | 2016 | MPO | Mezieres | CARC Romont | 2:00.4 | 14.8 |
| 5 | 739 | Piccand Luca | 2017 | MPO | Vuisternens-Dv-Romont | CARC Romont | 2:06.5 | 20.9 |
| 6 | 732 | Descloux Noah | 2018 | MPO | Romont | | 2:08.9 | 23.3 |
| 7 | 727 | Bieler Andri | 2016 | MPO | Romont | | 2:10.6 | 25.0 |
| 8 | 735 | Matzinger Ilan | 2017 | MPO | Torny-Le-Grand | | 2:11.1 | 25.5 |
| 9 | 725 | Bapst Florian | 2017 | MPO | Grangettes | | 2:14.2 | 28.6 |
| 10 | 740 | Pittet Elie | 2017 | MPO | La Joux | | 2:14.7 | 29.1 |
| 11 | 726 | Bapst Mathieu | 2017 | MPO | Grangettes | | 2:18.3 | 32.7 |
| 12 | 741 | Thorimbert Romain | 2018 | MPO | Villaraboud | | 2:18.8 | 33.2 |
| 13 | 797 | Kolly Adrien | 2017 | MPO | Vauderens | Kolbac Team | 2:20.6 | 35.0 |
| 14 | 731 | Deschenaux Liam | 2017 | MPO | Prez-Vers-Siviriez | | 2:21.3 | 35.7 |
| 15 | 737 | Meyer Lenny | 2018 | MPO | Le Pâquier | | 2:22.1 | 36.5 |
| 16 | 815 | Cano Lucian | 2016 | MPO | Siviriez | | 2:23.6 | 38.0 |
| 17 | 834 | Dousse Léo | 2017 | MPO | Bulle | | 2:25.0 | 39.4 |
| 18 | 742 | Tornay Emile | 2017 | MPO | Bulle | | 2:25.6 | 40.0 |
| 19 | 729 | Cougil Numa | 2018 | MPO | Cournillens | | 2:27.7 | 42.1 |
| 20 | 785 | Dafflon Jamie | 2018 | MPO | 3186 Dudingén | | 2:46.9 | 1:01.3 |
| 21 | 799 | Oudin Gabriel | 2019 | MPO | Le Mouret | | 2:48.0 | 1:02.4 |
| 22 | 833 | Dousse Lenny | 2019 | MPO | Bulle | | 2:48.8 | 1:03.2 |
| 23 | 728 | Bouchu Léo | 2019 | MPO | La Tour-De-Trême | | 2:55.1 | 1:09.5 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|-------------------|------|------|-------------------|-------------|--------|--------|
| 24 | 823 | Gremaud Alexandre | 2018 | MPO | Grandvillard | | 3:00.9 | 1:15.3 |
| 25 | 736 | Matzinger Anthony | 2019 | MPO | Torny-Le-Grand | | 3:01.5 | 1:15.9 |
| 26 | 814 | Revertera Arthur | 2018 | MPO | Romont | | 3:27.3 | 1:41.7 |
| 27 | 786 | Monney Basile | 2020 | MPO | Romanens | | 3:38.4 | 1:52.8 |
| 28 | 733 | Egger Fabio | 2020 | MPO | Belfaux | | 3:41.8 | 1:56.2 |
| 29 | 734 | Friedly Trévor | 2019 | MPO | Villaz-St-Pierre | | 4:24.9 | 2:39.3 |
| 30 | 787 | Riser Nino | 2021 | MPO | Farvagny-le-Petit | | 6:58.0 | 5:12.4 |

FPO. Poussines (2016 et plus jeunes) 400m 12:15

| | | | | | | | | |
|----|-----|----------------------|------|-----|--------------------|-------------|--------|--------|
| 1 | 752 | Emmenegger Alexia | 2016 | FPO | Bremgarten B. Bern | ST Bern | 1:47.5 | |
| 2 | 761 | Thürler Zélie | 2016 | FPO | Sommentier | CARC Romont | 1:57.3 | 9.8 |
| 3 | 804 | Jaccard Mahé | 2017 | FPO | Romont | | 1:59.3 | 11.8 |
| 4 | 746 | Bouzon Nina | 2016 | FPO | Lovens | Team Bouzon | 2:01.1 | 13.6 |
| 5 | 759 | Rion Caroline | 2016 | FPO | Billens | CARC Romont | 2:01.9 | 14.4 |
| 6 | 751 | Egger Noémie | 2016 | FPO | Belfaux | | 2:08.3 | 20.8 |
| 7 | 828 | Jobin Lilia | 2017 | FPO | Romont | | 2:10.1 | 22.6 |
| 8 | 744 | Bouchu Olivia | 2017 | FPO | La Tour-De-Trême | | 2:10.8 | 23.3 |
| 9 | 747 | Cougil Olivia | 2016 | FPO | Cournillens | | 2:11.5 | 24.0 |
| 10 | 821 | Maurin Stella | 2017 | FPO | Pouilly | | 2:15.4 | 27.9 |
| 11 | 760 | Stauffacher Apolline | 2016 | FPO | Corminboeuf | | 2:17.0 | 29.5 |
| 12 | 745 | Bouzon Lara | 2016 | FPO | Lovens | Team Bouzon | 2:21.9 | 34.4 |
| 13 | 753 | Emmenegger Melina | 2018 | FPO | Bremgarten B. Bern | | 2:23.0 | 35.5 |
| 14 | 791 | Gehri Hope | 2016 | FPO | Corminboeuf | CA Belfaux | 2:23.6 | 36.1 |
| 15 | 749 | Dutoit Anya | 2016 | FPO | Orsonnens | | 2:28.5 | 41.0 |
| 16 | 750 | Dutoit Stella | 2018 | FPO | Orsonnens | | 2:31.2 | 43.7 |
| 17 | 837 | Scolaro Méline | 2017 | FPO | Les Ecasseyes | | 2:38.1 | 50.6 |
| 18 | 824 | Vuilloud Eloïse | 2018 | FPO | Granges-Paccot | | 2:38.7 | 51.2 |
| 19 | 830 | Gachet Théa | 2016 | FPO | Vauderens | | 2:39.2 | 51.7 |
| 20 | 756 | Jaquier Juliette | 2017 | FPO | Billens | | 2:39.7 | 52.2 |
| 21 | 757 | Meyer Anaya | 2019 | FPO | Le Pâquier | | 2:45.3 | 57.8 |
| 22 | 792 | Gehri Lya | 2018 | FPO | Corminboeuf | CA Belfaux | 2:45.9 | 58.4 |
| 23 | 825 | Hablützel Inès | 2018 | FPO | Middes | CA Middes | 2:52.0 | 1:04.5 |
| 24 | 838 | Berchier Léonie | 2018 | FPO | Aumont | | 2:52.4 | 1:04.9 |
| 25 | 835 | Stauffacher Anna | 2020 | FPO | Muntelier | | 3:06.2 | 1:18.7 |
| 26 | 822 | Gremaud Pauline | 2020 | FPO | Grandvillard | | 3:24.5 | 1:37.0 |
| 27 | 839 | Berchier Mélina | 2020 | FPO | Aumont | | 3:33.8 | 1:46.3 |
| 28 | 795 | Lopes Alicia | 2018 | FPO | Esmonts | | 3:34.6 | 1:47.1 |
| 29 | 755 | Gianini Rima Alyson | 2018 | FPO | Prez-Vers-Siviriez | | 3:35.7 | 1:48.2 |
| 30 | 754 | Gianini Rima Maloée | 2019 | FPO | Prez-Vers-Siviriez | | 3:36.5 | 1:49.0 |
| 31 | 836 | Bossel Romane | 2020 | FPO | Villaraboud | | 4:16.3 | 2:28.8 |
| 32 | 748 | Cougil Ysée | 2020 | FPO | Cournillens | | 4:18.7 | 2:31.2 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|-----------------|------|------|------------|-----------------------|--------|--------|
| 33 | 829 | Jobin Sofia | 2020 | FPO | Romont | | 5:01.3 | 3:13.8 |
| 34 | 840 | Dafflon Ana | 2021 | FPO | Düdingen | | 5:17.1 | 3:29.6 |
| 35 | 743 | Bannwart Louise | 2020 | FPO | Grimisuat | Jean Pellissier Sport | 5:23.0 | 3:35.5 |
| 36 | 827 | Chaudoye Lily | 2021 | FPO | Hauteville | ADN Coaching | 6:12.4 | 4:24.9 |



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Classements SCRATCH

14,7km



| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|------------------------------|------|------------------------|------|------|-------------------|---------------------------|---------|---------|
| SCRATCH Hommes 14,7km | | | | | | | | |
| 1 | 251 | Soldini Jonas | 2000 | M20 | Corpataux | CA Rosé / Salomon Suisse | 45:42.3 | |
| 2 | 383 | Jodidio Alexandre | 1990 | M20 | Lausanne | CABV Martigny/Gn running | 45:53.7 | 11.4 |
| 3 | 19 | Berset Pascal | 1985 | M20 | Farvagny | CAGF / Trilogie Sport | 47:47.4 | 2:05.1 |
| 4 | 214 | Piller Jari | 1990 | M20 | Baden | TSV Düringen/Mahu | 48:25.2 | 2:42.9 |
| 5 | 192 | Monney Sylvain | 1999 | M20 | Corpataux | CAGF / Trilogie Sport | 48:43.2 | 3:00.9 |
| 6 | 265 | Vogelsang Luca | 1991 | M20 | Bösingen | LAT Sense | 49:03.5 | 3:21.2 |
| 7 | 407 | Juillerat Romain | 1996 | M20 | Le Mouret | CSLM - MBK Rochet | 50:40.2 | 4:57.9 |
| 8 | 124 | Girardet David | 1979 | M40 | Belfaux | Trilogie Sport-Revario | 50:41.6 | 4:59.3 |
| 9 | 209 | Philipona Alec | 2000 | M20 | Rechthalten | AT Rechthalten | 51:12.1 | 5:29.8 |
| 10 | 283 | Dafflon Xavier | 1982 | M40 | Düringen | Swiss Triathlon | 51:44.3 | 6:02.0 |
| 11 | 13 | Bannwart Yann | 1987 | M20 | Grimisuat | Jean Pellissier Sport | 52:20.3 | 6:38.0 |
| 12 | 215 | Pinela Mario | 1969 | M50 | Fribourg | CA Portugais Fribourg | 52:41.1 | 6:58.8 |
| 13 | 225 | Périsset Claude | 1981 | M40 | Estavayer-Le-Lac | CA Broyard | 52:57.9 | 7:15.6 |
| 14 | 264 | Vieira Gonçalves Paulo | 1975 | M40 | Düringen | GDR.De Castelo De Paiva | 53:16.3 | 7:34.0 |
| 15 | 235 | Riser Vincent | 1991 | M20 | Farvagny-Le-Petit | CAG Farvagny | 53:16.9 | 7:34.6 |
| 16 | 24 | Bigler Denis | 1969 | M50 | Courgevaux | AC Murten Trilogie Sport | 53:22.9 | 7:40.6 |
| 17 | 150 | Huber Erich | 1981 | M40 | Rechthalten | LAT Sense | 53:27.5 | 7:45.2 |
| 18 | 34 | Brügger Werner | 1975 | M40 | Giffers | AT Rechthalten | 53:44.9 | 8:02.6 |
| 19 | 195 | Morgado Mário | 1975 | M40 | Courtaman | CA Portugais Fribourg | 54:00.8 | 8:18.5 |
| 20 | 36 | Buchs Sébastien | 1982 | M40 | Orsonnens | CARC | 54:39.0 | 8:56.7 |
| 21 | 88 | Daniel Philipp | 1997 | M20 | St. Silvester | AT Rechthalten | 54:51.0 | 9:08.7 |
| 22 | 43 | Cardinaux Pierre-Yves | 1986 | M20 | Bouloz | CS Vallée du Flon | 55:01.6 | 9:19.3 |
| 23 | 200 | Oudin Nathanaël | 1981 | M40 | Le Mouret | CA Portugais Fribourg | 55:06.2 | 9:23.9 |
| 24 | 405 | Morard Quentin | 2001 | M20 | Marsens | CS Le Pâquier | 55:28.0 | 9:45.7 |
| 25 | 234 | Rion Alexandre | 1983 | M40 | Billens | | 55:30.2 | 9:47.9 |
| 26 | 247 | Schorderet Yan | 1978 | M40 | Broc | CS Broc | 55:33.1 | 9:50.8 |
| 27 | 284 | Vonlanthen Mario | 1971 | M50 | Rechthalten | Athletic Team Rechthalten | 55:47.6 | 10:05.3 |
| 28 | 237 | Romanens Pierre | 1973 | M50 | Villars-Sur-Glâne | CAG Farvagny | 56:15.4 | 10:33.1 |
| 29 | 56 | Chaudoye Fabien | 1983 | M40 | Hauteville | ADN Coaching | 56:23.4 | 10:41.1 |
| 30 | 173 | L'homme Jean-Joseph | 1965 | M50 | Bulle | Team Castella sports | 56:47.0 | 11:04.7 |
| 31 | 175 | Marchon Arno | 1995 | M20 | Bulle | | 56:53.2 | 11:10.9 |
| 32 | 136 | Grivel Robin | 1996 | M20 | Avry-Devant-Pont | CS Hauteville-Cynar Sport | 56:55.6 | 11:13.3 |
| 33 | 248 | Schroeter Christian | 1981 | M40 | Corminboeuf | | 56:58.2 | 11:15.9 |
| 34 | 413 | Conus Thierry | 1976 | M40 | Ayent | CS Vallée de Flon | 57:13.7 | 11:31.4 |
| 35 | 162 | Kolly Gérald | 1982 | M40 | Arconciel | ACPM Matran | 57:24.5 | 11:42.2 |
| 36 | 149 | Hildebrand Baptiste | 1986 | M20 | Treyvaux | | 57:26.0 | 11:43.7 |
| 37 | 154 | Jonin Baptiste | 1997 | M20 | Villaz-St-Pierre | | 57:35.9 | 11:53.6 |
| 38 | 182 | Mesot Jean-Pierre | 1969 | M50 | Mézières | CS Vallée du Flon | 57:37.3 | 11:55.0 |
| 39 | 260 | Tsadu Tesfom | 1994 | M20 | Romont | CARC Romont | 57:50.5 | 12:08.2 |
| 40 | 278 | Deillon Jérôme | 1992 | M20 | Romont | | 58:09.3 | 12:27.0 |
| 41 | 219 | Pochon Frédéric | 1973 | M50 | Avry-Devant-Pont | CS Hauteville | 58:15.8 | 12:33.5 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|----|------|----------------------|------|------|-------------------|---------------------------|-----------|---------|
| 42 | 64 | Clerc Laurent | 1980 | M40 | La Roche Fr | CAG Farvagny | 58:19.7 | 12:37.4 |
| 43 | 289 | Gebreyohannes Biniam | 1987 | M20 | Nidau | Cross Club Nidau | 58:27.6 | 12:45.3 |
| 44 | 31 | Bouzon Daniel | 1972 | M50 | Lovens | Team Bouzon | 58:37.9 | 12:55.6 |
| 45 | 390 | Bereket Fanus | 1979 | M40 | Villars Sur Glane | | 58:40.4 | 12:58.1 |
| 46 | 425 | Kolly Florian | 1982 | M40 | Vuadens | Kolbac Team | 59:01.0 | 13:18.7 |
| 47 | 185 | Meyer David | 1980 | M40 | Le Pâquier | | 59:04.5 | 13:22.2 |
| 48 | 93 | Delabays Alexandre | 1993 | M20 | Arconciel | | 59:09.5 | 13:27.2 |
| 49 | 406 | Gachet Nicolas | 1982 | M40 | Pringy | | 59:12.6 | 13:30.3 |
| 50 | 261 | Uldry Johan | 1984 | M20 | Le Châtelard | CARC Romont | 59:13.7 | 13:31.4 |
| 51 | 233 | Rico Guillaume | 1997 | M20 | Lausanne | | 59:30.0 | 13:47.7 |
| 52 | 228 | Reis Victor | 1964 | M50 | Payerne | CA Portugais Fribourg | 59:39.0 | 13:56.7 |
| 53 | 139 | Guillet Laurent | 1967 | M50 | Marly | CA Marly | 59:47.5 | 14:05.2 |
| 54 | 193 | Monteiro Filipe | 1974 | M40 | Tafers | LAT Sense | 59:55.1 | 14:12.8 |
| 55 | 268 | Vonlanthen Daniel | 1972 | M50 | Magnedens | CAG Farvagny | 59:55.6 | 14:13.3 |
| 56 | 77 | Cougil Yvan | 1981 | M40 | Cournillens | | 59:57.4 | 14:15.1 |
| 57 | 423 | Sciboz Pascal | 1987 | M20 | La Roche | | 1h00:23.5 | 14:41.2 |
| 58 | 172 | L'homme Yan | 1999 | M20 | Vuadens | EPFZ | 1h00:45.6 | 15:03.3 |
| 59 | 63 | Clerc Florian | 1977 | M40 | Corpataux | CAG Farvagny | 1h00:46.2 | 15:03.9 |
| 60 | 253 | Stauffacher Fabien | 1982 | M40 | Corminboeuf | | 1h00:59.3 | 15:17.0 |
| 61 | 126 | Gobet Gilles | 1983 | M40 | Sâles | FSG Sâles | 1h01:02.5 | 15:20.2 |
| 62 | 394 | Jamet Arnaud | 1973 | M50 | Villars-sur-Glane | | 1h01:03.7 | 15:21.4 |
| 63 | 392 | Kibrom Zemhret | 1994 | M20 | Villars Sur Glane | | 1h01:20.1 | 15:37.8 |
| 64 | 249 | Seydoux Laurent | 1985 | M20 | Rueyres-Treyfayes | FSG Sâles | 1h01:20.9 | 15:38.6 |
| 65 | 288 | Schafer Vincent | 1991 | M20 | Pont-la-Ville | Team DallyBureau | 1h01:22.7 | 15:40.4 |
| 66 | 202 | Pache Jean-Claude | 1965 | M50 | Lussy | CARC /Team Castella sport | 1h01:26.8 | 15:44.5 |
| 67 | 8 | Angéloz Didier | 1988 | M20 | Le Pâquier | | 1h01:27.4 | 15:45.1 |
| 68 | 2 | Aebischer Adrian | 1974 | M40 | Heitenried | CA Portugais Fribourg | 1h01:28.0 | 15:45.7 |
| 69 | 121 | Gillard Geoffrey | 1999 | M20 | Lussy | | 1h01:31.8 | 15:49.5 |
| 70 | 101 | Dubey Nicolas | 1968 | M50 | Neyruz | CAG Farvagny | 1h01:37.6 | 15:55.3 |
| 71 | 297 | Curty Olivier | 1972 | M50 | Morat | AC Morat | 1h01:49.9 | 16:07.6 |
| 72 | 294 | Egger Wolfgang | 1978 | M40 | Belfaux | Team Chasseral | 1h01:53.6 | 16:11.3 |
| 73 | 15 | Barras Gilles | 1961 | M60 | Farvagny-Le-Grand | CAG Farvagny | 1h02:00.8 | 16:18.5 |
| 74 | 428 | Mdaini Bilel | 1996 | M20 | Siviriez | FC Siviriez | 1h02:08.7 | 16:26.4 |
| 75 | 263 | Vicini Didier | 1972 | M50 | Blonay | | 1h02:18.9 | 16:36.6 |
| 76 | 429 | Fait Jérémy | 1982 | M40 | Romont | | 1h02:20.8 | 16:38.5 |
| 77 | 393 | Zeray Goitom | 1977 | M40 | Fribourg | | 1h02:39.6 | 16:57.3 |
| 78 | 86 | Da Silva Nuno | 1985 | M20 | Montet | | 1h02:47.5 | 17:05.2 |
| 79 | 240 | Rossier Thomas | 1985 | M20 | Payerne | Aussi vite que necessaire | 1h02:49.8 | 17:07.5 |
| 80 | 99 | Dousse Philippe | 1983 | M40 | Gumefens | CS Broc | 1h02:56.0 | 17:13.7 |
| 81 | 189 | Monney Martial | 1969 | M50 | Corpataux | CAG Farvagny | 1h02:57.6 | 17:15.3 |
| 82 | 94 | Delacombaz Bastien | 1987 | M20 | Neyruz | Squales des neiges | 1h03:02.4 | 17:20.1 |
| 83 | 223 | Porões Benjamim | 1966 | M50 | Courtepin | CA Portugais Fribourg | 1h03:15.3 | 17:33.0 |
| 84 | 194 | Moreira Luis Antonio | 1967 | M50 | Fribourg | | 1h03:46.8 | 18:04.5 |



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|-----|------|----------------------|------|------|----------------------|---------------------------|-----------|---------|
| 85 | 145 | Hayoz Erwin | 1963 | M60 | Villarepos | CA Portugais Fribourg | 1h03:49.5 | 18:07.2 |
| 86 | 11 | Baechler Marc | 1991 | M20 | Ecuvillens | CAGF | 1h04:04.5 | 18:22.2 |
| 87 | 258 | Tinguely Thierry | 1992 | M20 | Freienbach | | 1h04:06.2 | 18:23.9 |
| 88 | 210 | Philipona Marc | 1970 | M50 | Rechthalten | AT Rechthalten | 1h04:15.2 | 18:32.9 |
| 89 | 196 | Nguyen Tai | 1999 | M20 | Matran | | 1h04:18.7 | 18:36.4 |
| 90 | 382 | Blanc Claude | 1971 | M50 | Villarsiviriaux | | 1h04:34.4 | 18:52.1 |
| 91 | 418 | Tinguely Léo | 1997 | M20 | Fribourg | | 1h04:57.4 | 19:15.1 |
| 92 | 385 | Roze Fabrice | 1971 | M50 | St Antoni | LAT SENSE | 1h04:59.6 | 19:17.3 |
| 93 | 74 | Cornu Laurent | 1981 | M40 | Le Châtelard | | 1h05:03.9 | 19:21.6 |
| 94 | 256 | Terreaux Bernard | 1952 | M70 | Vuisternens-En-Ogoz | CAG Farvagny | 1h05:19.8 | 19:37.5 |
| 95 | 105 | Emery Fabien | 1984 | M20 | Chésopelloz | Team Ancolie | 1h05:29.1 | 19:46.8 |
| 96 | 403 | Kolly Olivier | 1973 | M50 | Corpataux | | 1h05:36.8 | 19:54.5 |
| 97 | 73 | Corboz Jean-Baptiste | 1986 | M20 | Fribourg | | 1h05:37.3 | 19:55.0 |
| 98 | 266 | Vogt Philippe | 1980 | M40 | Alterswil | LAT Sense | 1h05:49.6 | 20:07.3 |
| 99 | 14 | Barbey Steve | 1979 | M40 | Ursy | | 1h06:05.6 | 20:23.3 |
| 100 | 155 | Jonin Lionel | 1993 | M20 | Villarimboud | Team Electro | 1h06:11.6 | 20:29.3 |
| 101 | 125 | Glannaz Olivier | 1977 | M40 | Villars-Sur-Glâne | CAG Farvagny | 1h06:13.7 | 20:31.4 |
| 102 | 411 | Stauffacher Raphaël | 1989 | M20 | Muntelier | | 1h06:20.3 | 20:38.0 |
| 103 | 404 | Beaud Jérôme | 1983 | M40 | La Joux | | 1h06:31.2 | 20:48.9 |
| 104 | 122 | Girard Yvan | 1967 | M50 | Bulle | SA Bulle | 1h06:48.6 | 21:06.3 |
| 105 | 419 | Sallin Michaël | 1988 | M20 | Villaz-St-Pierre | | 1h06:52.5 | 21:10.2 |
| 106 | 422 | Gumy Laurent | 1974 | M40 | Corminboeuf | | 1h07:08.2 | 21:25.9 |
| 107 | 257 | Thomet Gregory | 1978 | M40 | Le Mouret | | 1h07:20.4 | 21:38.1 |
| 108 | 286 | Wyssen Alwin | 1962 | M60 | Zumholz | Athletic Team Rechthalten | 1h07:22.2 | 21:39.9 |
| 109 | 236 | Rolão João | 1962 | M60 | Montecherand | CA Portugais Fribourg | 1h07:33.7 | 21:51.4 |
| 110 | 40 | Butty Roger | 1963 | M60 | Ecublens | | 1h07:36.2 | 21:53.9 |
| 111 | 198 | Oberson Pierre | 1984 | M20 | Albeuve | | 1h07:45.6 | 22:03.3 |
| 112 | 75 | Costa Albino | 1968 | M50 | Villars Sur Glane | CA Portugais Fribourg | 1h07:54.4 | 22:12.1 |
| 113 | 412 | Gegu Nicolas | 1994 | M20 | Servion | | 1h08:01.0 | 22:18.7 |
| 114 | 30 | Bouvier Maxime | 1987 | M20 | Ecuvillens | TEAM TESAG UVEX | 1h08:10.3 | 22:28.0 |
| 115 | 33 | Brodard Jérôme | 1992 | M20 | Corbières | | 1h08:24.3 | 22:42.0 |
| 116 | 302 | Andrey Loïs | 1990 | M20 | Fribourg | Club Athlétique du Bourg | 1h08:30.1 | 22:47.8 |
| 117 | 38 | Busch Jacques | 1991 | M20 | Fribourg | | 1h08:30.6 | 22:48.3 |
| 118 | 111 | Gachoud Frederic | 1966 | M50 | Pont | CS Vallée du Flon | 1h08:45.1 | 23:02.8 |
| 119 | 1 | Aebi Mikael | 1982 | M40 | Estavayer-Le-Gibloux | TPF | 1h08:51.5 | 23:09.2 |
| 120 | 271 | Waeber Arthur | 1997 | M20 | Fribourg | | 1h09:04.1 | 23:21.8 |
| 121 | 18 | Berset Augustin | 1981 | M40 | Fribourg | | 1h09:04.5 | 23:22.2 |
| 122 | 279 | Asdourian Bruno | 1978 | M40 | Bern | STB Bern | 1h09:05.4 | 23:23.1 |
| 123 | 298 | Demierre Johann | 1985 | M20 | Ursy | CS Le Pâquier | 1h09:06.8 | 23:24.5 |
| 124 | 108 | Francey Eric | 1971 | M50 | Léchelles | Team Franic | 1h09:14.3 | 23:32.0 |
| 125 | 17 | Benda Leandro | 1989 | M20 | Bulle | SA Bulle | 1h09:20.0 | 23:37.7 |
| 126 | 295 | Krummen Thomas | 1987 | M20 | Bösingen | TV Bösingen | 1h09:24.7 | 23:42.4 |
| 127 | 397 | Robert-Tissot Yves | 1993 | M20 | Romont | CARC | 1h09:25.9 | 23:43.6 |



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|------|------|-------------------------------|------|------|--------------------|-----------------------|-----------|---------|
| 128 | 23 | Bieler Lukas | 1983 | M40 | Romont | Romont Gym | 1h09:26.4 | 23:44.1 |
| 129 | 252 | Spicher Raphaël | 2001 | M20 | Treyvaux | | 1h09:32.9 | 23:50.6 |
| 130 | 170 | Lüke Michael | 1962 | M60 | La Tour De Trême | SA Bulle | 1h09:45.0 | 24:02.7 |
| 131 | 51 | Chappuis Michel | 1954 | M60 | Fribourg | CAG Farvagny | 1h10:12.9 | 24:30.6 |
| 132 | 292 | Zurkinden Patrick | 1975 | M40 | Düdingen | LAT SENSE | 1h10:15.9 | 24:33.6 |
| 133 | 62 | Clerc Michaël | 1985 | M20 | Farvagny-Le-Grand | | 1h10:22.8 | 24:40.5 |
| 134 | 84 | Cuony Pierre | 1993 | M20 | Fribourg | | 1h10:29.4 | 24:47.1 |
| 135 | 32 | Bovet Pascal | 1960 | M60 | Corminboeuf | | 1h10:36.7 | 24:54.4 |
| 136 | 67 | Cochard Serge | 1970 | M50 | Corpataux | | 1h10:37.2 | 24:54.9 |
| 137 | 127 | Gomes Fernando | 1974 | M40 | Le Mouret | CA Portugais Fribourg | 1h10:37.9 | 24:55.6 |
| 138 | 417 | Gobet Maxime | 1995 | M20 | Fribourg | | 1h10:41.8 | 24:59.5 |
| 139 | 205 | Perler Alexandre | 1984 | M20 | Romont | | 1h10:59.1 | 25:16.8 |
| 140 | 61 | Clerc Aurélien | 1982 | M40 | Corminboeuf | | 1h11:05.2 | 25:22.9 |
| 141 | 386 | Martins Bastos Manuel Augusto | 1972 | M50 | Broc | | 1h11:40.8 | 25:58.5 |
| 142 | 54 | Chassot Julien | 1981 | M40 | Fribourg | | 1h11:44.3 | 26:02.0 |
| 143 | 119 | Genin Pascal | 1965 | M50 | Enney | | 1h12:07.6 | 26:25.3 |
| 144 | 42 | Bürgisser Beat | 1971 | M50 | Düdingen | LAT Sense | 1h12:13.1 | 26:30.8 |
| 145 | 153 | Jones Patrick | 1976 | M40 | Villars-Sur-Glâne | | 1h12:16.3 | 26:34.0 |
| 146 | 98 | Dolsa Alexandre | 1996 | M20 | Bulle | SA Bulle | 1h12:16.8 | 26:34.5 |
| 147 | 179 | Mauron Patrick | 1987 | M20 | Onnens | | 1h12:45.2 | 27:02.9 |
| 148 | 50 | Cetrangolo Giuseppe | 1970 | M50 | Morat | peppepoulet .ch | 1h12:54.8 | 27:12.5 |
| 149 | 395 | Clément Lionel | 1992 | M20 | Prez-Vers-Siviriez | | 1h12:56.9 | 27:14.6 |
| 150 | 242 | Roulin Christophe | 1981 | M40 | Marsens | CS Marsens | 1h13:00.0 | 27:17.7 |
| 151 | 16 | Beer Nicolas | 1975 | M40 | Granges-Paccot | CA Belfaux | 1h13:04.3 | 27:22.0 |
| 152 | 400 | Cougil José Luis | 1958 | M60 | Misery | | 1h13:08.6 | 27:26.3 |
| 153 | 212 | Pidoux Martin | 1983 | M40 | Romont | | 1h13:33.8 | 27:51.5 |
| 154 | 134 | Grandjean Côme (2009) | 2003 | M20 | Fribourg | | 1h13:34.6 | 27:52.3 |
| 155 | 203 | Page Jérôme | 1979 | M40 | Orsonnens | | 1h13:35.6 | 27:53.3 |
| 156 | 206 | Perritaz Bernard | 1969 | M50 | Ecuvillens | | 1h13:53.2 | 28:10.9 |
| 157 | 176 | Mardon Julien | 1982 | M40 | Romont | | 1h14:08.8 | 28:26.5 |
| 158 | 132 | Grandjean Alexandre | 1979 | M40 | Fribourg | | 1h14:14.3 | 28:32.0 |
| 159 | 188 | Michel Patrick | 1983 | M40 | Villars-Sur-Glâne | | 1h14:35.5 | 28:53.2 |
| 160 | 388 | Wyssmüller Martin | 1969 | M50 | Marsens | CS Marsens | 1h14:42.1 | 28:59.8 |
| 161 | 424 | Gumy Edoward | 1976 | M40 | Ecuvillens | | 1h14:49.0 | 29:06.7 |
| 162 | 20 | Berset Dominique | 1992 | M20 | Villargiroud | FC Stavia | 1h14:56.5 | 29:14.2 |
| 163 | 427 | Pittet Cyrille | 1996 | M20 | Marsens | CS Marsens | 1h14:57.9 | 29:15.6 |
| 164 | 79 | Cressier Anthony | 1994 | M20 | Neyruz | | 1h15:00.8 | 29:18.5 |
| 165 | 72 | Constantin Eric | 1981 | M40 | Corminboeuf | | 1h15:13.1 | 29:30.8 |
| 166 | 165 | Künzle Cyril | 1976 | M40 | Fribourg | | 1h15:44.5 | 30:02.2 |
| 167 | 267 | Von Der Forst Alexander | 1967 | M50 | Posieux | CAG Farvagny | 1h15:52.3 | 30:10.0 |
| 168 | 164 | Küffer Walter | 1952 | M70 | Schmitten | LAT Sense | 1h15:56.6 | 30:14.3 |
| 169 | 272 | Waelti Albert | 1969 | M50 | Wohlen Bei Bern | ACPM Matran | 1h16:18.5 | 30:36.2 |
| 170 | 37 | Burnet Eric | 1960 | M60 | La Corbaz | ACPM | 1h16:42.6 | 31:00.3 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|-----|------|---------------------------------|------|------|--------------------------|-----------------------|-----------|---------|
| 171 | 293 | Jenny Peter | 1951 | M70 | St-Antoni | LAT SENSE | 1h16:49.4 | 31:07.1 |
| 172 | 69 | Collaud Kewin | 1991 | M20 | Léchelles | | 1h17:11.6 | 31:29.3 |
| 173 | 426 | Gendre Frédéric | 1974 | M40 | Neyruz | | 1h17:27.7 | 31:45.4 |
| 174 | 161 | Kolly Jacques | 1972 | M50 | Le Mouret | ACPM Matran | 1h17:32.0 | 31:49.7 |
| 175 | 401 | Chofflon Olivier | 1972 | M50 | Farvagny-le-Petit | CAG Farvagny | 1h17:47.3 | 32:05.0 |
| 176 | 277 | Zbinden Marius | 1950 | M70 | St.Ursen | LAT Sense | 1h17:48.8 | 32:06.5 |
| 177 | 158 | Kolly Christian | 1967 | M50 | Farvagny-Le-Petit | CAG Farvagny | 1h17:51.9 | 32:09.6 |
| 178 | 281 | Martinsizeda Pedro Enrique | 1974 | M40 | Broc | | 1h18:00.7 | 32:18.4 |
| 179 | 254 | Stritt Karl | 1950 | M70 | Tafers | Lat Sense | 1h18:03.2 | 32:20.9 |
| 180 | 197 | Oberhofer Laurent | 1966 | M50 | Fribourg | | 1h18:36.0 | 32:53.7 |
| 181 | 7 | Angéloz Henri | 1964 | M50 | Ursy | CA Portugais Fribourg | 1h18:37.1 | 32:54.8 |
| 182 | 387 | Risse Jérémie | 1992 | M20 | Pont-la-Ville | | 1h18:50.2 | 33:07.9 |
| 183 | 187 | Michel Remy | 1957 | M60 | Neyruz | CA Portugais Fribourg | 1h18:53.8 | 33:11.5 |
| 184 | 5 | Alvez Alexandre | 1977 | M40 | Prilly | | 1h18:55.5 | 33:13.2 |
| 185 | 27 | Bourguetou Alain | 1962 | M60 | Les Paccots | | 1h19:50.7 | 34:08.4 |
| 186 | 409 | Neuhaus Pascal | 1968 | M50 | Le Mouret | CA Marly | 1h20:40.5 | 34:58.2 |
| 187 | 10 | Bachmann Jean-Bernard | 1962 | M60 | La Roche | CA Marly | 1h20:42.9 | 35:00.6 |
| 188 | 389 | Garcier dos Santos Antonio José | 1967 | M50 | La Tour De Trême | | 1h20:55.2 | 35:12.9 |
| 189 | 144 | Hassler Nicolas | 1971 | M50 | Sâles | FSG Sâles | 1h21:12.8 | 35:30.5 |
| 190 | 181 | Mercier Sébastien | 1978 | M40 | Maules | | 1h21:21.0 | 35:38.7 |
| 191 | 231 | Rickli Hans | 1952 | M70 | Lausanne | Seniors de Coubertin | 1h21:29.7 | 35:47.4 |
| 192 | 47 | Castella Joseph | 1962 | M60 | Neirivue | CS Neirivue | 1h21:36.8 | 35:54.5 |
| 193 | 112 | Gaillet Frédéric | 1984 | M20 | Saint-Aubin | | 1h21:48.9 | 36:06.6 |
| 194 | 140 | Guisolan François | 1970 | M50 | Villars-Sur-Glâne | ACPM Matran | 1h21:54.5 | 36:12.2 |
| 195 | 241 | Roubaty Yves | 1966 | M50 | Ependes | | 1h22:11.9 | 36:29.6 |
| 196 | 116 | Geinoz Stephane | 1973 | M50 | Rueyres-St-Laurent | | 1h22:37.2 | 36:54.9 |
| 197 | 300 | Bouquet David | 1980 | M40 | Cheyres | | 1h22:41.9 | 36:59.6 |
| 198 | 430 | Defferard Michaël | 1989 | M20 | Chavannes-sous-Orsonnens | | 1h23:24.7 | 37:42.4 |
| 199 | 250 | Silva Diamantino | 1963 | M60 | Arconciel | CA Portugais Fribourg | 1h23:32.8 | 37:50.5 |
| 200 | 238 | Rossel Jean-Luc | 1953 | M70 | Riaz | CS Marsens | 1h24:04.1 | 38:21.8 |
| 201 | 239 | Rosset Stéphane | 1972 | M50 | Belfaux | | 1h24:07.8 | 38:25.5 |
| 202 | 163 | Kruit Fred | 1961 | M60 | Fribourg | | 1h24:10.6 | 38:28.3 |
| 203 | 106 | Fernandes Amaro | 1961 | M60 | Fribourg | SMRUN | 1h24:45.6 | 39:03.3 |
| 204 | 83 | Cuennet Yvan | 1971 | M50 | Torny | | 1h26:32.2 | 40:49.9 |
| 205 | 396 | Deillon Cédric | 1994 | M20 | Vuarmarens | | 1h26:39.2 | 40:56.9 |
| 206 | 133 | Grandjean Thierry (2007) | 2003 | M20 | Fribourg | | 1h26:49.6 | 41:07.3 |
| 207 | 290 | Roulin Olivier | 1966 | M50 | Estavayer-le-Gibloux | CAG Farvagny | 1h26:58.1 | 41:15.8 |
| 208 | 118 | Gendre Gonzague | 1995 | M20 | Neyruz | Cloros Team | 1h27:00.5 | 41:18.2 |
| 209 | 229 | Remy Charles-Henri | 1953 | M70 | Fribourg | CA Portugais Fribourg | 1h27:26.9 | 41:44.6 |
| 210 | 178 | Martins Lopes Luis Henrique | 1981 | M40 | Bulle | | 1h27:49.9 | 42:07.6 |
| 211 | 89 | De Gasparo Charles-Etienne | 1966 | M50 | Schmitten | LAT Sense | 1h28:40.3 | 42:58.0 |
| 212 | 3 | Alleyn Rudy | 1965 | M50 | Bonnefontaine | CA Portugais Fribourg | 1h29:42.9 | 44:00.6 |
| 213 | 57 | Chavaillaz Bernardin | 1943 | M70 | Ecuvillens | CAG Farvagny | 1h29:44.0 | 44:01.7 |



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| Cl | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|-----|------|---------------------|------|------|-----------------|-------------|-----------|---------|
| 214 | 44 | Carrel Christophe | 1986 | M20 | Autigny | | 1h30:31.0 | 44:48.7 |
| 215 | 269 | Vuillaume Sébastien | 1981 | M40 | Corserey | | 1h32:17.9 | 46:35.6 |
| 216 | 117 | Gendre Jean-Daniel | 1965 | M50 | Neyruz | Cloros Team | 1h35:15.8 | 49:33.5 |
| 217 | 186 | Michaud Raphaël | 1997 | M20 | Villarsiviriaux | | 1h39:04.5 | 53:22.2 |
| 218 | 391 | Francey Jérôme | 1988 | M20 | Fribourg | CA Marly | 1h40:00.2 | 54:17.9 |

SCRATCH Femmes 14,7km

| | | | | | | | | |
|----|-----|--------------------------|------|-----|------------------|-----------------------|-----------|---------|
| 1 | 190 | Monney Marion | 2000 | F20 | Corpataux | CAGF / Trilogie Sport | 56:16.7 | |
| 2 | 28 | Bourke Martignoni Joanna | 1971 | F50 | Neyruz | CAGF | 58:57.6 | 2:40.9 |
| 3 | 282 | Dafflon Caroline | 1984 | F20 | Düdingen | | 59:11.6 | 2:54.9 |
| 4 | 220 | Poffet Rachel | 1989 | F20 | Fribourg | Lat Sense | 59:40.9 | 3:24.2 |
| 5 | 402 | Chofflon Salomé | 1999 | F20 | Farvagny | CAG Farvagny | 1h01:09.6 | 4:52.9 |
| 6 | 218 | Pochon Alina | 1997 | F20 | Le Pâquier | | 1h01:21.7 | 5:05.0 |
| 7 | 255 | Sudan Nadia | 1974 | F40 | Vaulruz | CAG Farvagny | 1h01:31.2 | 5:14.5 |
| 8 | 217 | Pittet Céline | 1993 | F20 | Mézières | CS Vallée du Flon | 1h01:34.8 | 5:18.1 |
| 9 | 4 | Almeida Laetitia | 1985 | F20 | Noreaz | CA Portugais Fribourg | 1h02:10.2 | 5:53.5 |
| 10 | 156 | Jungo Céline | 1998 | F20 | Tafers | AT Rechthalten | 1h02:10.9 | 5:54.2 |
| 11 | 148 | Hildebrand Marie | 1986 | F20 | Treyvaux | | 1h02:27.7 | 6:11.0 |
| 12 | 26 | Bouchu Aude | 1986 | F20 | La Tour-De-Trême | ADN coaching | 1h03:08.0 | 6:51.3 |
| 13 | 191 | Monney Stéphanie | 1970 | F50 | Corpataux | CAG Farvagny | 1h04:29.3 | 8:12.6 |
| 14 | 384 | Wagemester Inga | 1980 | F40 | St Antoni | LAT SENSE | 1h04:44.8 | 8:28.1 |
| 15 | 141 | Gumy Alexandrine | 1981 | F40 | Granges-Paccot | LAT Sense | 1h04:50.2 | 8:33.5 |
| 16 | 9 | Angéloz Burns Murielle | 1979 | F40 | Belfaux | CA Belfaux | 1h04:56.2 | 8:39.5 |
| 17 | 35 | Bucher Nadège | 1991 | F20 | Givisiez | CS Broc | 1h05:04.7 | 8:48.0 |
| 18 | 157 | Kaymaz Irene | 1983 | F40 | Fribourg | LAT Sense | 1h05:19.2 | 9:02.5 |
| 19 | 167 | Lecourt Sophie | 1983 | F40 | Fribourg | CA Portugais Fribourg | 1h06:46.3 | 10:29.6 |
| 20 | 160 | Kolly Elodie | 1990 | F20 | Mézières | CARC Romont | 1h07:18.4 | 11:01.7 |
| 21 | 416 | Jaquet Mathilde | 1995 | F20 | Granges-Paccot | | 1h08:53.1 | 12:36.4 |
| 22 | 143 | Guélat Rion Elise | 1982 | F40 | Billens | | 1h09:04.9 | 12:48.2 |
| 23 | 95 | Delpouve Mélanie | 1985 | F20 | Bulle | Les Élibes | 1h09:20.8 | 13:04.1 |
| 24 | 244 | Sallin Marianne | 1963 | F60 | Marly | LAT Sense | 1h10:48.4 | 14:31.7 |
| 25 | 39 | Buser Christine | 1979 | F40 | Wünnewil | LAT Sense | 1h10:49.5 | 14:32.8 |
| 26 | 399 | Audergon Monique | 1982 | F40 | La Joux | | 1h11:02.9 | 14:46.2 |
| 27 | 22 | Bersier Chantal | 1977 | F40 | Cugy | A travers Cugy | 1h11:31.5 | 15:14.8 |
| 28 | 221 | Pons Débora | 1998 | F20 | Semsaes | CS Vallée du Flon | 1h11:45.1 | 15:28.4 |
| 29 | 142 | Gurtner Valérie | 1994 | F20 | Pringy | Ski-club Lys | 1h11:47.7 | 15:31.0 |
| 30 | 128 | Gonzalez Alix | 1999 | F20 | Lausanne | | 1h11:48.5 | 15:31.8 |
| 31 | 102 | Dubey Nadia | 1981 | F40 | Vesin | A Travers Cugy | 1h12:08.9 | 15:52.2 |
| 32 | 25 | Borgognon Christel | 1993 | F20 | Estavayer-Le-Lac | A travers Cugy | 1h12:09.5 | 15:52.8 |
| 33 | 113 | Gardoni Bénédicte | 1967 | F50 | Marly | CA Portugais Fribourg | 1h12:10.5 | 15:53.8 |
| 34 | 291 | Schafer Daniela | 1981 | F40 | Atlerswil | LAT SENSE | 1h12:17.2 | 16:00.5 |



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|----|------|----------------------------|------|------|----------------------|--------------------------|-----------|---------|
| 35 | 414 | Sallin Pauline | 1987 | F20 | Vuisternens-en-Ogoz | | 1h12:42.0 | 16:25.3 |
| 36 | 45 | Carvalho Conceição | 1973 | F50 | Fribourg | C.A.P.F | 1h13:30.8 | 17:14.1 |
| 37 | 398 | Sciboz Janique | 1969 | F50 | Le Pâquier | SA Bulle | 1h14:09.3 | 17:52.6 |
| 38 | 227 | Raemy Nadia | 1979 | F40 | La Joux | | 1h14:11.2 | 17:54.5 |
| 39 | 177 | Margueron Nicole | 1981 | F40 | Villarsel-Le-Gibloux | CAGF - Les Elib's | 1h14:15.0 | 17:58.3 |
| 40 | 97 | Diserens Céline | 1984 | F20 | Semsaes | | 1h14:30.3 | 18:13.6 |
| 41 | 146 | Hemmer Anne-Françoise | 1976 | F40 | Villars-Sur-Glâne | | 1h15:03.0 | 18:46.3 |
| 42 | 96 | Dietsche Emma | 1997 | F20 | Fribourg | | 1h15:07.0 | 18:50.3 |
| 43 | 114 | Garo Roulin Sylvie | 1981 | F40 | Marsens | CS Marsens | 1h15:13.6 | 18:56.9 |
| 44 | 60 | Clerc Andrea | 1979 | F40 | Heitenried | CA Portugais Fribourg | 1h15:54.8 | 19:38.1 |
| 45 | 76 | Cotting Lisa | 1981 | F40 | Villars-Sur-Glâne | | 1h15:57.7 | 19:41.0 |
| 46 | 245 | Sapin Ludivine | 1998 | F20 | Autigny | | 1h16:04.0 | 19:47.3 |
| 47 | 421 | Progin Axelle | 1998 | F20 | Le Crêt | B3 Bulle Triathlon | 1h16:17.0 | 20:00.3 |
| 48 | 147 | Hertling Valérianne | 1998 | F20 | Ecuvillens | | 1h16:32.6 | 20:15.9 |
| 49 | 46 | Casati Martine | 1974 | F40 | Rossens | CAG Farvagny | 1h16:36.7 | 20:20.0 |
| 50 | 420 | Rossier Elise | 1992 | F20 | Fribourg | Club Athlétique du Bourg | 1h16:37.8 | 20:21.1 |
| 51 | 91 | De Grandis Sara | 1995 | F20 | Fribourg | | 1h16:44.7 | 20:28.0 |
| 52 | 230 | Remy-De Vito Giuseppina | 1959 | F60 | Fribourg | CA Portugais Fribourg | 1h16:46.8 | 20:30.1 |
| 53 | 68 | Collaud Margaux | 1998 | F20 | Fribourg | | 1h16:55.6 | 20:38.9 |
| 54 | 299 | At Joelle | 1980 | F40 | Vuisternens-en-Ogoz | | 1h17:02.8 | 20:46.1 |
| 55 | 82 | Cuennet Désirée | 1996 | F20 | La Tour-De-Trême | SA Bulle | 1h17:04.1 | 20:47.4 |
| 56 | 53 | Chassot Sandra | 1977 | F40 | Villaz-St-Pierre | CS Vallée du Flon | 1h17:05.4 | 20:48.7 |
| 57 | 262 | Vial Emilie | 1985 | F20 | La Tour-De-Trême | | 1h17:08.9 | 20:52.2 |
| 58 | 275 | Wohlhauser Elodie | 1986 | F20 | Arconciel | CAG Farvagny | 1h17:10.6 | 20:53.9 |
| 59 | 41 | Bérard Violette | 1975 | F40 | Mézières | CARC Romont | 1h17:14.1 | 20:57.4 |
| 60 | 152 | Jaquier Laurane | 1984 | F20 | Billens | | 1h17:19.2 | 21:02.5 |
| 61 | 274 | Wist Aurélie | 2003 | F20 | Châtonnaye | CA Broyard | 1h17:36.6 | 21:19.9 |
| 62 | 115 | Gehri Nathalie | 1983 | F40 | Corminboeuf | | 1h18:22.2 | 22:05.5 |
| 63 | 415 | Surchat-Delpedro Nadège | 1993 | F20 | Fétigny | A travers Cugy | 1h18:26.9 | 22:10.2 |
| 64 | 92 | Deillon Christine | 1979 | F40 | La Joux | CS Vallée du Flon | 1h18:35.4 | 22:18.7 |
| 65 | 70 | Collaud Stauffacher Amelie | 1984 | F20 | Corminboeuf | | 1h19:02.6 | 22:45.9 |
| 66 | 410 | Raetzo Tina | 1997 | F20 | Rueyes-les-Prés | A Travers Cugy | 1h19:22.2 | 23:05.5 |
| 67 | 138 | Guillet Laura | 1998 | F20 | La Joux | | 1h19:40.6 | 23:23.9 |
| 68 | 66 | Cochard Sarah | 1973 | F50 | Corpataux | CAG Farvagny | 1h20:04.4 | 23:47.7 |
| 69 | 159 | Kolly Anne | 1974 | F40 | Corpataux | CAG Farvagny | 1h20:12.0 | 23:55.3 |
| 70 | 12 | Baldeck Tra | 1981 | F40 | Mézières | CARC Romont | 1h20:13.8 | 23:57.1 |
| 71 | 104 | Egger Corinne | 1984 | F20 | Belfaux | | 1h20:20.5 | 24:03.8 |
| 72 | 131 | Grandjean Nathalie | 1973 | F50 | Canada | Zone Course | 1h20:29.7 | 24:13.0 |
| 73 | 224 | Progin-Grangier Cécile | 1976 | F40 | Vuadens | SAB Bulle | 1h20:42.0 | 24:25.3 |
| 74 | 110 | Gachet Laetitia | 1985 | F20 | Le Pâquier | CS Le Pâquier | 1h21:03.8 | 24:47.1 |
| 75 | 183 | Mesot Guinnard Christiane | 1979 | F40 | Villarimboud | CARC Romont | 1h21:19.4 | 25:02.7 |
| 76 | 90 | De Gasparo Corinne | 1971 | F50 | Schmitten | LAT Sense | 1h22:08.8 | 25:52.1 |
| 77 | 222 | Porões Adélia | 1969 | F50 | Courtepin | CA Portugais Fribourg | 1h22:14.9 | 25:58.2 |



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| Clit | Dos. | Nom et prénom | An. | Cat. | Domicile | Club / Team | Temps | Écart |
|------|------|----------------------------|------|------|------------------------|-----------------------|-----------|---------|
| 78 | 129 | Goutte Aurélie | 1981 | F40 | Remaufens | CS Vallée du Flon | 1h22:18.4 | 26:01.7 |
| 79 | 180 | Membrez Mariana | 1981 | F40 | Villars-Sur-Glâne | | 1h22:24.4 | 26:07.7 |
| 80 | 280 | Gapany Mélanie | 1993 | F20 | Marsens | CS Marsens | 1h23:48.4 | 27:31.7 |
| 81 | 273 | Wicht Coralie | 1985 | F20 | Marly | | 1h24:15.7 | 27:59.0 |
| 82 | 137 | Guenot Florence | 1974 | F40 | Corminboeuf | | 1h25:18.5 | 29:01.8 |
| 83 | 276 | Wuilloud Canto Muriel | 1971 | F50 | Fribourg | | 1h25:19.1 | 29:02.4 |
| 84 | 243 | Ruffieux Chloé | 1994 | F20 | Echarlens | | 1h25:35.9 | 29:19.2 |
| 85 | 58 | Chobaz Océane | 2003 | F20 | Fribourg | | 1h25:55.2 | 29:38.5 |
| 86 | 85 | Currat Mahault | 1997 | F20 | Vesin | A Travers Cugy | 1h27:01.0 | 30:44.3 |
| 87 | 21 | Bersier Ursula | 1972 | F50 | Gumefens | | 1h27:21.1 | 31:04.4 |
| 88 | 81 | Cuche Christel | 1972 | F50 | Corcelles-Près-Payerne | CA Portugais Fribourg | 1h27:26.6 | 31:09.9 |
| 89 | 285 | Horvath Hasenauer Nathalie | 1964 | F50 | Brenles | | 1h28:58.7 | 32:42.0 |
| 90 | 87 | Dafflon-Geinoz Joëlle | 1977 | F40 | Rueyres-St-Laurent | | 1h29:03.3 | 32:46.6 |
| 91 | 232 | Rickli Myriam | 1962 | F60 | Lausanne | | 1h29:50.1 | 33:33.4 |
| 92 | 303 | Lagger Adeline | 1991 | F20 | Mézières | CS Le Pâquier | 1h31:06.9 | 34:50.2 |
| 93 | 207 | Phan Casling | 1999 | F20 | Mézières Fr | | 1h35:57.0 | 39:40.3 |
| 94 | 166 | Lacôte Lauryne | 2003 | F20 | Villars-Sous-Yens | | 1h37:43.2 | 41:26.5 |
| 95 | 130 | Grand Marion | 1974 | F40 | Corpataux | CAG Farvagny | 1h39:39.4 | 43:22.7 |
| 96 | 246 | Schmid Karen | 1972 | F50 | Romont | | 1h40:23.8 | 44:07.1 |
| 97 | 287 | Joye Muriel | 1992 | F20 | Pont-la-Ville | | 1h41:59.0 | 45:42.3 |
| 98 | 169 | Longchamp Rachel | 1980 | F40 | Domdidier | | 1h47:43.5 | 51:26.8 |
| 99 | 71 | Collet Vanessa | 1987 | F20 | Essertines-Sur-Yverdon | | 1h47:43.9 | 51:27.2 |

Course des organisateurs



mardi 12 septembre 2023

| | Rang | Nom | Prénom | Né/e en | Temps | Catégorie |
|--|------|---------------|------------|---------|----------|-----------|
| F20 Dames (14,7 km) | | | | | | |
| | 1 | Chuard | Laura | 1988 | 01:16:20 | Dame F20 |
| F40 Dames (14,7 km) | | | | | | |
| | 1 | Bérard | Violette | 1975 | 01:20:49 | Dame F40 |
| | 2 | Baldeck | Tra | 1981 | 01:20:57 | Dame F40 |
| M20 Hommes (14,7 km) | | | | | | |
| | 1 | Tsa-du | Tesfom | 1994 | 00:58:11 | Homme M20 |
| | 2 | Uldry | Johan | 1984 | 01:01:34 | Homme M20 |
| | 3 | Mauron | Vincent | 1984 | 01:03:10 | Homme M20 |
| M40 Hommes (14,7 km) | | | | | | |
| | 1 | Schmitt | Gérald | 1975 | 01:06:06 | Homme M40 |
| M50 Hommes (14,7 km) | | | | | | |
| | 1 | Perritaz | Joël | 1968 | 01:12:56 | Homme M50 |
| | 2 | Delabays | Marc | 1972 | 01:13:04 | Homme M50 |
| | 3 | Mooser | André | 1965 | 01:16:48 | Homme M50 |
| | 4 | Joye | Denis | 1968 | 01:17:38 | Homme M50 |
| M60 Hommes (14,7 km) | | | | | | |
| | 1 | Mauron | Gérard | 1956 | 01:16:10 | Homme M60 |
| Populaires Femmes - 1 tour (7,5 km) | | | | | | |
| | 1 | Guinnard | Christiane | 1979 | 00:40:24 | Femme F40 |
| | 2 | Gobet Papaux | Carole | 1979 | 00:47:45 | Femme F40 |
| Populaires Hommes - 1 tour (7,5 km) | | | | | | |
| | 1 | Buchs | Sébastien | 1982 | 00:27:48 | Homme M40 |
| | 2 | Kessler | Nicolas | 1974 | 00:31:55 | Homme M40 |
| | 3 | Robert-Tissot | Yves | 1993 | 00:33:47 | Homme M20 |
| | 4 | Dind | Nicolas | 1982 | 00:35:06 | Homme M40 |
| | 5 | Bossel | Claude | 1960 | 00:35:33 | Homme M60 |
| | 6 | Conus | Xavier | 1983 | 00:36:47 | Homme M20 |
| | 7 | Francey | Joël | 1963 | 00:39:16 | Homme M60 |
| | 8 | Bifrare | Frédéric | 1967 | 00:40:28 | Homme M50 |