



Self-Transcendence Race

März 2010

Sportanlage Sihlhölzli • 2009/2010

5.3.2010 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Lukas Ineichen | 13:17 |
| 2. | Hans Sütterlin | 14:04 |

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Self-Transcendence Race

Februar 2010

Sportanlage Sihlhölzli • 2009/2010

5.2.2010 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Marc Vonarburg | 12:17 |
| 2. | Lukas Ineichen | 12:47 |
| 3. | Hans Sütterlin | 14:29 |
| 4. | Gregorio Sablone | 14:59 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Narmada Heer | 14:44 |
| 2. | Anete Klavina | 14:52 |

12.2.2010 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Hutashan Heer | 13:27 |
| 2. | Gregorio Sablone | 14:25 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Narmada Heer | 13:22 |
| 2. | Anete Klavina | 14:57 |

19.2.2010 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Marc Vonarburg | 12:07 |
| 2. | Lukas Ineichen | 12:27 |
| 3. | Hans Sütterlin | 14:00 |
| 4. | Hutashan Heer | 15:33 |
| 5. | Khagana Kunz | 16:07 |

DAMEN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Narmada Heer | 14:36 |
| 2. | Dundubhi Dikel | 16:27 |
| 3. | Ivana Neri | 17:21 |

26.2.2010 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Pushkar Müllauer | 10:29 |
| 2. | Lukas Ineichen | 11:59 |
| 3. | Hans Sütterlin | 12:59 |
| 4. | Hutashan Heer | 13:23 |
| 5. | Gregorio Sablone | 13:29 |
| 6. | Felix Lindner | 15:23 |

DAMEN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Dundubhi Dikel | 14:42 |



Self-Transcendence Race

Januar 2010

Sportanlage Sihlhölzli • 2009/2010

8.1.2010 • 3 km*

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Micha Gamper | 11:12 |
| 2. | Pushkar Müllauer | 11:45 |
| 3. | Thomas Reckziegel | 11:55 |
| 4. | Hutashan Heer | 13:34 |
| 5. | Gregorio Sablone | 14:30 |
| 6. | Marc Wessely | 18:02 |
| 7. | Silvan (Jun.) | 18:09 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Narmada Heer | 13:46 |
| 2. | Anete Klavina | 14:13 |
| 3. | Ivana Neri | 17:00 |

* Schnee auf dem Track, schwierige Bedingungen

15.1.2010 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Rekan Ibrahim | 11:53 |
| 2. | Thomas Reckziegel | 12:21 |
| 3. | Hutashan Heer | 13:13 |
| 4. | Khagana Kunz | 16:09 |
| 5. | Marc Wessely | 18:29 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------------|-------|
| 1. | Narmada Heer | 14:21 |
| 2. | Anupama Widmer | 15:20 |
| 3. | Subarnamala Riedel | 17:13 |
| 4. | Ivana Neri | 17:58 |
| 5. | Colette Kuhn | 18:21 |

22.1.2010 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Hutashan Heer | 13:53 |
| 2. | Khagana Kunz | 15:32 |
| 3. | Marc Wessely | 19:21 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Narmada Heer | 13:50 |
| 2. | Anete Klavina | 14:07 |

29.1.2010 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Pushkar Müllauer | 12:59 |
| 2. | Lukas Ineichen | 13:52 |
| 3. | Hans Sütterlin | 15:04 |
| 4. | Khagana Kunz | 17:36 |
| 5. | Marc Wessely | 21:24 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Anete Klavina | 15:27 |
| 2. | Narmada Heer | 15:34 |



Self-Transcendence Race

Dezember 2009

Sportanlage Sihlhölzli • 2009/2010

4.12.2009 • 3 km*

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Pushkar Müllauer | 11:33 |
| 2. | Micha Gamper | 11:34 |
| 3. | Lukas Ineichen | 12:12 |
| 4. | Gerard Meier | 12:51 |
| 5. | Shashanka Karlen | 12:53 |
| 6. | Hutashan Heer | 13:44 |
| 7. | Kailash Beyer | 14:33 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------|-------|
| 1. | Narmada Heer | 13:59 |

* Reifglätte auf dem Track, schwierige Bedingungen

* * *

11.12.2009 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Lukas Ineichen | 12:44 |

DAMEN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Dundubhi Dikel | 15:29 |
| 2. | Ivana Neri | 17:20 |

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18.12.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Lukas Ineichen | 12:04 |
| 2. | Hutashan Heer | 13:20 |
| 3. | Gregorio Sablone | 13:25 |

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Self-Transcendence Race

November 2009

Sportanlage Sihlhölzli • 2009/2010

6.11.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Pushkar Müllauer | 10:41 |
| 2. | Lukas Ineichen | 11:11 |
| 3. | Hutashan Heer | 12:51 |
| 4. | Gregorio Sablone | 13:09 |
| 5. | Felix Lindner | 13:46 |
| 6. | Kanai Zimmermann | 14:28 |

DAMEN

| PLACE | NAME | TIME |
|-------|----------------|-------|
| 1. | Narmada Heer | 12:56 |
| 2. | Dundubhi Dikel | 14:29 |
| 3. | Ivana Neri | 16:41 |
| 4. | Lottie | 19:28 |

13.11.2009 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Thomas Reckziegel | 12:14 |
| 2. | Lukas Ineichen | 12:19 |
| 3. | Hutashan Heer | 13:32 |
| 4. | Gregorio Sablone | 13:36 |
| 5. | Kailash Beyer | 14:23 |
| 6. | Khagana Kunz | 16:01 |
| 7. | Marc Wessely | 17:53 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Andrea Wenger | 13:35 |

20.11.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|-----------------------|-------|
| 1. | Andriu Deplazes (TVU) | 10:11 |
| 2. | Urs Bitterlin (TVU) | 10:23 |
| 3. | Reto Hoppler | 10:32 |
| 4. | Denton Widmer (TVU) | 10:55 |
| 5. | Lukas Ineichen | 11:06 |
| 6. | Hutashan Heer | 12:36 |
| 7. | Gerard Meier | 12:38 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------------|-------|
| 1. | Anja Rüdisüli (TVU) | 12:04 |
| 2. | Andrea Wenger | 12:28 |
| 3. | Narmada Heer | 12:42 |
| 4. | Dundubhi Dikel | 14:38 |
| 5. | Ivana Neri | 16:34 |

27.11.2009 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Reto Hoppler | 11:11 |
| 2. | Pushkar Müllauer | 11:20 |
| 3. | Rekan Ibrahim | 11:46 |
| 4. | Gregorio Sablone | 13:57 |
| 5. | Marc Wessely | 17:38 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------|-------|
| 1. | Narmada Heer | 14:44 |



Self-Transcendence Race

Oktober 2009

Sportanlage Sihlhölzli • 2009/2010

2.10.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Chris Saunders | 11:06 |
| 2. | Thomas Reckziegel | 11:15 |
| 3. | Marc Vonarburg | 11:17 |
| 4. | Lukas Ineichen | 11:20 |
| 5. | Armando Sferrazzo | 11:58 |
| 6. | Hutashan Heer | 13:20 |
| 7. | Gregorio Sablone | 13:24 |
| 8. | Kanai Zimmermann | 14:00 |
| 9. | Khagana Kunz | 14:29 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------|-------|
| 1. | Narmada Heer | 12:56 |

9.10.2009 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Prapat Bogush | 10:55 |
| 2. | Thomas Reckziegel | 12:20 |
| 3. | Gregorio Sablone | 14:04 |
| 4. | Khagana Kunz | 15:58 |
| 5. | Hrishikesh Karov | 16:38 |
| 6. | Marc Wessely | 16:57 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------------|-------|
| 1. | Subarnamala Riedel | 14:59 |

16.10.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|-------------------|-------|
| 1. | Prapat Bogush | 10:42 |
| 2. | Lukas Ineichen | 11:02 |
| 3. | Thomas Reckziegel | 11:06 |
| 4. | Hutashan Heer | 14:04 |
| 5. | Khagana Kunz | 14:43 |
| 6. | Marc Wessely | 16:59 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------------|-------|
| 1. | Narmada Heer | 13:02 |
| 2. | Anupama Widmer | 14:21 |
| 3. | Subarnamala Riedel | 15:36 |
| 4. | Colette Kuhn | 16:04 |

23.10.2009 • 2 miles

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Prapat Bogush | 11:14 |
| 2. | Lukas Ineichen | 11:55 |
| 3. | Thomas Trüb | 12:03 |
| 4. | Gregorio Sablone | 13:50 |
| 5. | Hutashan Heer | 14:16 |
| 6. | Felix Lindner | 15:19 |
| 7. | Kanai Zimmermann | 15:20 |
| 8. | Khagana Kunz | 16:23 |

DAMEN

| PLACE | NAME | TIME |
|-------|--------------|-------|
| 1. | Narmada Heer | 14:13 |

30.10.2009 • 3 km

HERREN

| PLACE | NAME | TIME |
|-------|------------------|-------|
| 1. | Prapat Bogush | 10:41 |
| 2. | Pushkar Müllauer | 10:42 |
| 3. | Thomas Trüb | 10:48 |
| 4. | Lukas Ineichen | 11:04 |
| 5. | Dario Bruno | 11:52 |
| 6. | Khagana Kunz | 14:26 |
| 7. | Marc Wessely | 16:38 |

DAMEN

| PLACE | NAME | TIME |
|-------|---------------|-------|
| 1. | Andrea Wenger | 12:36 |
| 2. | Narmada Heer | 13:02 |
| 3. | Barbara | 19:07 |
