



Self-Transcendence Race

April 2010

Sportanlage Sihlhölzli • 2009 / 2010

9.4.2010 • 2 miles

HERREN

PLACE	NAME	TIME
1.	Micha Gamper	11:14
2.	Lukas Ineichen	12:42
3.	Gregorio Sablone	14:45

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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

26.3.2010 • 3 km

HERREN

PLACE	NAME	TIME
1.	Micha Gamper	10:39
2.	Pushkar Müllauer	10:51
3.	Lukas Ineichen	11:48
4.	Hans Sütterlin	12:28
5.	Gregorio Sablone	13:40

12.3.2010 • 3 km

HERREN

PLACE	NAME	TIME
1.	Micha Gamper	11:03
2.	Rekan Ibrahim	11:27
3.	Marcel Baumgartner	12:15
4.	Hans Sütterlin	12:46
5.	Gregorio Sablone	14:11
6.	Khagana Kunz	15:47

DAMEN

PLACE	NAME	TIME
1.	Narmada Heer	14:01
2.	Ivana Neri	16:25

DAMEN

PLACE	NAME	TIME
1.	Narmada Heer	14:00
2.	Anete Klavina	14:52
3.	Ivana Neri	16:16

19.3.2010 • 2 miles

HERREN

PLACE	NAME	TIME
1.	Pushkar Müllauer	12:55
2.	Lukas Ineichen	13:02
3.	Gerard Meier	13:55
4.	Hutashan Heer	14:52

DAMEN

PLACE	NAME	TIME
1.	Narmada Heer	15:37



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

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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
