



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
