



**Sri Chinmoy Marathon Team**  
**12th Int. Self-Transcendence 12 Hour Swimming**  
**Hallenbad City Zürich**  
**27th / 28th February 2010**



## Rangliste / Result List

### Männer Hauptklasse (16 bis 39 Jahre) / Men Main Class (16 to 39 years)

| Meeting Rekord 2001 |                 | Schudel Roland | 1966       | Swiss        |           |                    |          |      |      | 42.5 km     |
|---------------------|-----------------|----------------|------------|--------------|-----------|--------------------|----------|------|------|-------------|
| Rang                | Name            | Vorname        | Jahrgang   | Nationalität | Wohnort   | Club / Verein      | Start-Nr | km   | km   | final km    |
| Rank                | Family Name     | First Name     | Year of B. | Nationality  | Home City | Club / Association | Start-No | 4 h  | 8 h  | 12 h        |
| 1                   | Bettinazzi      | Moreno         | 1982       | Italy        | Brescia   | Sogeis Montichiari | M 3      | 15.7 | 29.2 | <b>41.3</b> |
| 2                   | Troletti        | Federico       | 1977       | Italy        | Malegno   | Camuna Acquatica   | M 5      | 14.3 | 26.7 | <b>38.5</b> |
| 3                   | Hafner          | Silvan         | 1979       | Swiss        | Zürich    |                    | M 2      | 12.2 | 23.0 | <b>34.2</b> |
| 4                   | Melyarki        | Maximilian     | 1989       | Germany      | Alötting  | TVA                | M 9      | 12.7 | 22.6 | <b>31.4</b> |
| 5                   | Giaconia        | Mauro          | 1971       | Italy        | Palermo   | Pol. NADIR         | M 8      | 13.5 | 24.0 | <b>30.3</b> |
| 6                   | Barba           | Sirio          | 1973       | Italy        | Cambiabo  |                    | M 4      | 10.6 | 19.3 | <b>28.5</b> |
| 7                   | Giorgi          | Andrea         | 1984       | Italy        | Broni     |                    | M 7      | 11.2 | 19.5 | <b>28.0</b> |
| 8                   | Zanardini       | Marco          | 1982       | Italy        | Pisogne   | Camuna Acquatica   | M 6      | 10.8 | 18.6 | <b>26.5</b> |
| 9                   | Niessen-Bertram | Fabian         | 1991       | Germany      | Köln      |                    | M 11     | 10.5 | 14.4 | <b>19.2</b> |
| 10                  | Bühler          | Berni          | 1977       | Swiss        | Bauma     |                    | M 10     | 7.0  | 10.6 | <b>13.2</b> |

### Senioren (ab 40 Jahre) / Men Masters (above 40 years)

| Meeting Rekord 1996 |             | Strel Martin | 1955       | Slowenien    |                |                          |          |      |      | 41.2 km     |
|---------------------|-------------|--------------|------------|--------------|----------------|--------------------------|----------|------|------|-------------|
| Rang                | Name        | Vorname      | Jahrgang   | Nationalität | Wohnort        | Club / Verein            | Start-Nr | km   | km   | final km    |
| Rank                | Family Name | First Name   | Year of B. | Nationality  | Home City      | Club / Association       | Start-No | 4 h  | 8 h  | 12 h        |
| 1                   | Zambonelli  | Corrado      | 1964       | Italy        | Roma           |                          | M 27     | 13.8 | 25.1 | <b>35.7</b> |
| 2                   | Baumgartner | Bruno        | 1969       | Swiss        | Höfen bei Thun |                          | M 26     | 14.5 | 25.1 | <b>35.0</b> |
| 3                   | Salvi       | Alberto      | 1965       | Italy        | Milano         | DDS                      | M 28     | 11.6 | 21.1 | <b>30.8</b> |
| 4                   | Filippi     | Ivano        | 1956       | Italy        | Milano         | Tricolore                | M 29     | 9.0  | 15.9 | <b>23.5</b> |
| DNS                 | Puckrin     | Arthur       | 1938       | English      | Middlesbrough  | Billingham Swimming Club | M 25     |      |      |             |

**Frauen Hauptklasse (16 bis 39 Jahre) / Women Main Class (16 to 39 years)**

| Meeting Rekord 2004 |              | Sterbova Lenka | 1973        | Czech Rep.   |                 |                    |            |             |             | 43.0 km           |
|---------------------|--------------|----------------|-------------|--------------|-----------------|--------------------|------------|-------------|-------------|-------------------|
| Rang                | Name         | Vorname        | Jahrgang    | Nationalität | Wohnort         | Club / Verein      | Start-Nr   | km          | km          | final km          |
| Rank                | Family Name  | First Name     | Year of B.  | Nationality  | Home City       | Club / Association | Start-No   | 4 h         | 8 h         | 12 h              |
| <b>New Record</b>   |              |                |             |              |                 |                    |            |             |             | <b>New record</b> |
| <b>1</b>            | <b>Volpi</b> | <b>Laura</b>   | <b>1974</b> | <b>Italy</b> | <b>Marcaria</b> | <b>Sogeis</b>      | <b>W 2</b> | <b>16.0</b> | <b>30.8</b> | <b>45.4</b>       |
| 2                   | Föllmi       | Nicole         | 1972        | Swiss        | Bern            |                    | W 1        | 7.1         | 12.0        | 17.4              |

**Seniorinnen (ab 40 Jahre) / Women Masters (above 40 years)**

| Meeting Rekord 2006 |              | Serafini Anita | 1961       | Swiss        |            |                           |          |      |      | 43.2 km  |
|---------------------|--------------|----------------|------------|--------------|------------|---------------------------|----------|------|------|----------|
| Rang                | Name         | Vorname        | Jahrgang   | Nationalität | Wohnort    | Club / Verein             | Start-Nr | km   | km   | final km |
| Rank                | Family Name  | First Name     | Year of B. | Nationality  | Home City  | Club / Association        | Start-No | 4 h  | 8 h  | 12 h     |
| 1                   | Bohnhoff     | Margit         | 1963       | Germany      | Berlin     | Berliner TSC              | W 26     | 14.4 | 27.1 | 34.0     |
| 2                   | Massimiliani | Laura          | 1968       | Italy        | Milano     | DDS                       | W 29     | 11.0 | 19.8 | 28.6     |
| 3                   | Niemz        | Vasanti        | 1965       | Germany      | Heidelberg | Sri Chinmoy Marathon Team | W 28     | 10.1 | 17.8 | 27.2     |
| 4                   | Ngamkam      | Angela         | 1966       | Germany      | Rossdorf   | Bautzener LV              | W 25     | 9.7  | 18.0 | 26.1     |
| 5                   | Bolliger     | Vedika         | 1964       | Swiss        | Wetzikon   | Sri Chinmoy Marathon Team | W 27     | 7.7  | 12.8 | 19.0     |

**Staffeln (offene Kategorie) / Relay Teams (open categorie)**

| Meeting      | Rekord 2001                             | Uster Thialf           |                             | Swiss                |                                     |                      |           |           |              | 57.7 km          |
|--------------|---|------------------------|-----------------------------|----------------------|-------------------------------------|----------------------|-----------|-----------|--------------|------------------|
| Rang<br>Rank | Name                                    | Jahrgang<br>Year of B. | Nationalität<br>Nationality | Wohnort<br>Home City | Club / Verein<br>Club / Association | Start-Nr<br>Start-No | km<br>4 h | km<br>8 h | km<br>12 h   | final km<br>12 h |
| 1            | <b>Jung und knackig</b>                 |                        | Germany                     |                      |                                     | T 5                  | 16.1      | 32.4      | <b>48.2</b>  |                  |
|              | Uwe Münch / Torsten Becker              |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Andreas Leupold / Daniel Brandenburg    |                        |                             |                      |                                     |                      |           |           |              |                  |
| 2            | <b>Dynamis-fitness.ch</b>               |                        | Swiss                       |                      |                                     | T 7                  | 15.8      | 31.2      | <b>46.75</b> |                  |
|              | Christian Müller / Felix Peter          |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Stefan Kaufmann / Tobias Cozzatti       |                        |                             |                      |                                     |                      |           |           |              |                  |
| 3            | <b>SC St.Gallen / WSV</b>               |                        | Swiss                       |                      |                                     | T 9                  | 16.0      | 31.6      | <b>46.7</b>  |                  |
|              | Ginny Postma / Erik Postma              |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Olaf Herde / Andy Staub                 |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Sibylle Baumgartner                     |                        |                             |                      |                                     |                      |           |           |              |                  |
| 4            | <b>Auenstein Sharks</b>                 |                        | Swiss                       |                      |                                     | T 13                 | 15.8      | 30.8      | <b>45.5</b>  |                  |
|              | Dirk Pauling / Patrick Wallimann        |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Stephan Karlen / Tom Läubli             |                        |                             |                      |                                     |                      |           |           |              |                  |
| 5            | <b>Speedy and Blue Juice</b>            |                        | English                     |                      |                                     | T 11                 | 15.4      | 29.7      | <b>43.4</b>  |                  |
|              | Barry Adams / Tash Morey                |                        |                             |                      |                                     |                      |           |           |              |                  |
| 6            | <b>3athlon Bern</b>                     |                        | Swiss                       |                      |                                     | T 12                 | 15.3      | 29.5      | <b>43.3</b>  |                  |
|              | Bernhard Zumbrunn / Jürg Schaffer       |                        |                             |                      |                                     |                      |           |           |              |                  |
| 7            | <b>Quanta Village</b>                   |                        | Italy                       |                      |                                     | T 14                 | 13.8      | 27.5      | <b>40.6</b>  |                  |
|              | Belloni Daniele / Marco Moreschi        |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Oscar Gazzola / Damiano Barbugian       |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Sarah Cicerone / Elena La Rossa         |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Lucas Ferreira Rosa Penha               |                        |                             |                      |                                     |                      |           |           |              |                  |
| 8            | <b>SCEM - Triathlonclub Veloatelier</b> |                        | Swiss                       |                      |                                     | T 8                  | 13.9      | 27.0      | <b>39.9</b>  |                  |
|              | Oliver Seipel / Daniel Wydler           |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Heinz Looser                            |                        |                             |                      |                                     |                      |           |           |              |                  |
| 9            | <b>4 gewinnt</b>                        |                        | Swiss                       |                      |                                     | T 4                  | 13.0      | 25.2      | <b>36.9</b>  |                  |
|              | Reto Wassmer / Janine Frei              |                        |                             |                      |                                     |                      |           |           |              |                  |
|              | Corinna Grob / Olga Sedlaczek           |                        |                             |                      |                                     |                      |           |           |              |                  |

|    |  |  |               |  |  |      |      |      |             |
|----|--|--|---------------|--|--|------|------|------|-------------|
| 10 | <b>Peter Pan Swimming</b>                  |  | Italy         |  |  | T 6  | 13.0 | 25.4 | <b>36.5</b> |
|    | Franco Poddie / Fabrizio Daffini           |  |               |  |  |      |      |      |             |
|    | Enrico Calderoni                           |  |               |  |  |      |      |      |             |
| 11 | <b>The Limachers</b>                       |  | Swiss         |  |  | T 3  | 12.5 | 24.2 | <b>36.0</b> |
|    | Werner Limacher / Margareta Limacher       |  |               |  |  |      |      |      |             |
|    | Miriam Limacher / Melchior Limacher        |  |               |  |  |      |      |      |             |
|    | Esther Limacher                            |  |               |  |  |      |      |      |             |
| 12 | <b>Speedo Turtles</b>                      |  | Swiss         |  |  | T 1  | 12.0 | 23.9 | <b>35.4</b> |
|    | Natalie Klorer / Martin Albrecht           |  |               |  |  |      |      |      |             |
|    | Enrico Blondel / Roger Gäumann             |  |               |  |  |      |      |      |             |
|    | Stefan Häusler / Melanie Sieber            |  |               |  |  |      |      |      |             |
| 13 | <b>Sri Chinmoy Marathon Team Czech</b>     |  | Czech Rep.    |  |  | T 15 | 11.3 | 22.1 | <b>32.8</b> |
|    | Abhejali Bernardová / Jayalata Ďadkovičová |  |               |  |  |      |      |      |             |
|    | Blanka Pernická / Miloslava Pišánová       |  |               |  |  |      |      |      |             |
| 14 | <b>Sri Chinmoy Marathon Team Int.</b>      |  | International |  |  | T 2  | 10.0 | 19.5 | <b>29.1</b> |
|    | Friederike Makowka / Prafulla Nocker       |  |               |  |  |      |      |      |             |
|    | Sebadayinee Gilgen / Gudrun Freier         |  |               |  |  |      |      |      |             |
| 15 | <b>Schwarzwald-Guppies</b>                 |  | Germany       |  |  | T 10 | 8.4  | 18.1 | <b>24.0</b> |
|    | Annette Bolesch / Dirk Bolesch             |  |               |  |  |      |      |      |             |
|    | Maik Rottler / Silas Hummel                |  |               |  |  |      |      |      |             |

Organisator: Sri Chinmoy Marathon Team, Zürich  
Fotos: [www.srichinmoyraces.org/ch](http://www.srichinmoyraces.org/ch)

**Vielen Dank unseren Sponsoren:**

Soyana, Lebensmittel und Ojas-Energie, Schlieren - [www.soyana.ch](http://www.soyana.ch)

Madal Bal AG, Geschenkartikel - [www.madalbal.ch](http://www.madalbal.ch)

Somona GmbH, Natürlich besser. - [www.somona.ch](http://www.somona.ch)

Traktor Getränke AG, Fruchtsäfte - [www.traktorgetraenke.ch](http://www.traktorgetraenke.ch)

Blumengeschäfte in Zürich: Blumenhalle und Blumen Capitol