



Gutes aus der Schweiz.



Startliste nach Zeit Frauenfeld

08.02.2014

| Nr | K | Name | Schnitt | Startzeit | Nr | K | Name | Schnitt | Startzeit |
|-----|---|------------------------|---------|-----------|-----|---|-----------------------|---------|-----------|
| 768 | | Gerber Peter | 07:51 | 13:38:00 | 281 | F | Fink Cäcilia | 05:37 | 14:07:00 |
| 128 | F | Weber Sabrina | 06:28 | 13:56:00 | 52 | F | Berg Mirjam | 05:37 | 14:07:00 |
| 180 | F | Wiegandt Monja | 06:28 | 13:56:00 | 239 | F | Vetsch Regula | 05:37 | 14:07:00 |
| 544 | | Rozza Louis | 06:23 | 13:57:00 | 709 | | Reithofer Franz | 05:37 | 14:07:00 |
| 750 | | Berger Michael | 06:23 | 13:57:00 | 603 | | Biber Alex | 05:37 | 14:07:00 |
| 187 | F | Sergi Anna | 06:18 | 13:58:00 | 775 | | Gebert Niklaus | 05:32 | 14:08:00 |
| 122 | F | Rutz Lydia | 06:18 | 13:58:00 | 777 | F | Leal Anna | 05:32 | 14:08:00 |
| 719 | | Bosma Adriaan | 06:14 | 13:59:00 | 451 | F | Meier Mirjam | 05:32 | 14:08:00 |
| 733 | | Stutz Kurt | 06:14 | 13:59:00 | 395 | F | verbruggen Elfride | 05:32 | 14:08:00 |
| 606 | | Albrecht Jürgen | 06:14 | 13:59:00 | 245 | F | Wittwer Yvonne | 05:32 | 14:08:00 |
| 772 | | Schmidli Daniel | 06:14 | 13:59:00 | 589 | | Rutz Peter | 05:32 | 14:08:00 |
| 773 | | Brülisauer Urs | 06:14 | 13:59:00 | 616 | F | Wild Irene | 05:32 | 14:08:00 |
| 769 | | Nünlist Jason | 06:14 | 13:59:00 | 41 | F | Schnider Gertrud | 05:32 | 14:08:00 |
| 484 | | Stendardo Alfredo | 06:09 | 14:00:00 | 344 | F | Salwender Beate | 05:32 | 14:08:00 |
| 48 | F | Bruggmann Rebecca | 06:09 | 14:00:00 | 377 | | Baumgartner Tobias | 05:32 | 14:08:00 |
| 609 | | Meile Oskar | 06:09 | 14:00:00 | 565 | F | Künzle Erika | 05:32 | 14:08:00 |
| 55 | F | Koller Simone | 06:09 | 14:00:00 | 593 | F | Hanimann Andrea | 05:28 | 14:09:00 |
| 781 | | Weibel Hans | 06:09 | 14:00:00 | 743 | | Brauchli Jonas | 05:28 | 14:09:00 |
| 674 | F | Wiegandt Saskia | 06:05 | 14:01:00 | 457 | | Litscher Thomas | 05:28 | 14:09:00 |
| 614 | | Ammann Anton | 06:05 | 14:01:00 | 649 | | Niklaus Heinz | 05:28 | 14:09:00 |
| 639 | | Öcal Yusuf | 06:05 | 14:01:00 | 767 | | Sadiki Burim | 05:28 | 14:09:00 |
| 619 | F | Domagala Monika | 06:00 | 14:02:00 | 574 | | Pauli Sam | 05:28 | 14:09:00 |
| 394 | F | Forster Karoline | 06:00 | 14:02:00 | 788 | | Schlittler Hans-Peter | 05:28 | 14:09:00 |
| 280 | | Fink Arnold | 06:00 | 14:02:00 | 602 | | Schanzenbach Philip | 05:28 | 14:09:00 |
| 487 | F | Roth Claudine | 06:00 | 14:02:00 | 127 | | Järman Hugo | 05:28 | 14:09:00 |
| 766 | | Ismaili Mevlan | 06:00 | 14:02:00 | 97 | F | Righetti Jacqueline | 05:28 | 14:09:00 |
| 595 | | Thürlemann Karl | 06:00 | 14:02:00 | 24 | F | Hablützel Lisa | 05:28 | 14:09:00 |
| 480 | F | Rööslü Johanna | 06:00 | 14:02:00 | 718 | | Zuber Martin | 05:28 | 14:09:00 |
| 656 | F | Weiss Dolores | 05:55 | 14:03:00 | 803 | | Rusch Emil | 05:28 | 14:09:00 |
| 12 | F | Knill Leonie | 05:55 | 14:03:00 | 645 | | Marinic Peter | 05:28 | 14:09:00 |
| 339 | | Nufer Ralph | 05:55 | 14:03:00 | 14 | F | Knill Monika | 05:28 | 14:09:00 |
| 444 | F | Olbrecht Luana | 05:55 | 14:03:00 | 711 | | Schneiter Bruno | 05:28 | 14:09:00 |
| 62 | | Dünner Marcel | 05:51 | 14:04:00 | 340 | F | Fatzer Jasmin | 05:28 | 14:09:00 |
| 373 | F | Hilber Silvia | 05:51 | 14:04:00 | 563 | | Graf Maximilian | 05:28 | 14:09:00 |
| 659 | F | Walser Davina | 05:51 | 14:04:00 | 30 | | Maier Markus | 05:23 | 14:10:00 |
| 298 | F | Wäger Barbara | 05:51 | 14:04:00 | 466 | F | Rickenbach Evelyne | 05:23 | 14:10:00 |
| 430 | F | Senn Claudia | 05:46 | 14:05:00 | 447 | | Lehner Roland | 05:23 | 14:10:00 |
| 717 | F | Christiansen Charlotte | 05:46 | 14:05:00 | 350 | F | Bechtiger Gertraud | 05:23 | 14:10:00 |
| 7 | | Lioi Dino-Gerardo | 05:46 | 14:05:00 | 198 | | Faust Johannes | 05:23 | 14:10:00 |
| 305 | | Amrein Sigi | 05:46 | 14:05:00 | 730 | | Siegwart Werner | 05:23 | 14:10:00 |
| 677 | F | Hörlner Stefanie | 05:46 | 14:05:00 | 131 | | Böni Albin | 05:23 | 14:10:00 |
| 578 | | Heim Beat | 05:42 | 14:06:00 | 801 | | Locher Urs | 05:23 | 14:10:00 |
| 694 | F | Bruggmann Doris | 05:42 | 14:06:00 | 678 | F | Fässler Marion | 05:23 | 14:10:00 |
| 391 | | Schachtler Mägie | 05:42 | 14:06:00 | 95 | | Scherb Jannik | 05:23 | 14:10:00 |
| 559 | F | Hutterli Nicole | 05:42 | 14:06:00 | 442 | F | Süssli Jacqueline | 05:23 | 14:10:00 |
| 676 | | Hohl Willi | 05:42 | 14:06:00 | 237 | | Zgela Beni | 05:23 | 14:10:00 |
| 797 | F | Nessensohn Irina | 05:42 | 14:06:00 | 236 | F | Inauen Kim | 05:23 | 14:10:00 |
| 26 | F | Hug Ruth | 05:42 | 14:06:00 | 99 | F | Krüsi Ursula | 05:23 | 14:10:00 |
| 620 | | Zerndt Thomas | 05:42 | 14:06:00 | 482 | | Bavone Ilario | 05:23 | 14:10:00 |
| 432 | | Gehrig Rolf | 05:37 | 14:07:00 | 434 | F | Alther Annemarie | 05:23 | 14:10:00 |
| 343 | F | Rüttimann Kimsey | 05:37 | 14:07:00 | 666 | | Rolli Patrick | 05:23 | 14:10:00 |
| 499 | F | Jung Angelina | 05:37 | 14:07:00 | 723 | F | Monstein-Kunz Ariane | 05:23 | 14:10:00 |
| 686 | F | Krüse Natascha | 05:37 | 14:07:00 | 152 | F | Rutz Marion | 05:18 | 14:11:00 |
| 575 | F | Ruf Monika | 05:37 | 14:07:00 | 6 | | Bünzli Urban | 05:18 | 14:11:00 |
| 397 | F | Kathmann Iris | 05:37 | 14:07:00 | 785 | F | Messerli Heidi | 05:18 | 14:11:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|----------------------------|---------|-----------|-----|--------------------------|---------|-----------|
| 144 | F Künzle Anita | 05:18 | 14:11:00 | 169 | Stutz Marcel | 05:09 | 14:13:00 |
| 69 | Thommen Roland | 05:18 | 14:11:00 | 20 | F Frei Margrit | 05:09 | 14:13:00 |
| 110 | Steinbeck Erich | 05:18 | 14:11:00 | 314 | Schaible Renato | 05:09 | 14:13:00 |
| 146 | F Koller Esther | 05:18 | 14:11:00 | 315 | F Zellweger Susanne | 05:09 | 14:13:00 |
| 261 | F Angehrn Brigitte | 05:18 | 14:11:00 | 778 | Kremmel Harald | 05:09 | 14:13:00 |
| 384 | Sumi Arthur | 05:18 | 14:11:00 | 608 | F Theler Marion | 05:09 | 14:13:00 |
| 741 | Rennhard Thomas | 05:18 | 14:11:00 | 795 | Kiebler Simon | 05:09 | 14:13:00 |
| 497 | F Levi Priska | 05:18 | 14:11:00 | 59 | F Bösiger Helena | 05:09 | 14:13:00 |
| 496 | Bolliger Armin | 05:18 | 14:11:00 | 406 | F Krumme Sabine | 05:09 | 14:13:00 |
| 376 | F Holenstein Monika | 05:18 | 14:11:00 | 428 | F Schenk Debby | 05:09 | 14:13:00 |
| 414 | Taeuber Urs | 05:18 | 14:11:00 | 751 | Walser Emil | 05:09 | 14:13:00 |
| 301 | Grob Ludwig | 05:18 | 14:11:00 | 644 | F Gehrig Linda | 05:09 | 14:13:00 |
| 445 | Olbrecht León | 05:18 | 14:11:00 | 758 | F Keller Claudia | 05:09 | 14:13:00 |
| 600 | Heerdegen Philipp | 05:18 | 14:11:00 | 87 | Di Sarli Gianpaolo | 05:09 | 14:13:00 |
| 592 | F Fatzer Désirée | 05:18 | 14:11:00 | 304 | Rothe Daniel | 05:09 | 14:13:00 |
| 690 | Baer Peter | 05:14 | 14:12:00 | 164 | Gschwend Karl | 05:09 | 14:13:00 |
| 481 | Bavone Ennio | 05:14 | 14:12:00 | 525 | Frischknecht Daniel | 05:05 | 14:14:00 |
| 225 | F Lehmann Irene | 05:14 | 14:12:00 | 421 | F Keller Corinne | 05:05 | 14:14:00 |
| 219 | F Hofstetter Andrea | 05:14 | 14:12:00 | 490 | Senn Marco | 05:05 | 14:14:00 |
| 39 | Schätzle Torsten | 05:14 | 14:12:00 | 571 | F Kocherhans Madeleine | 05:05 | 14:14:00 |
| 296 | Schuchter Philipp | 05:14 | 14:12:00 | 231 | Vetsch Christian | 05:05 | 14:14:00 |
| 789 | F Jaggi Theres | 05:14 | 14:12:00 | 38 | F Schätzle Heidi | 05:05 | 14:14:00 |
| 655 | F Moser Alexa | 05:14 | 14:12:00 | 641 | F Staub Yvonne | 05:05 | 14:14:00 |
| 71 | F Kessler Renate | 05:14 | 14:12:00 | 334 | F Gygax Erika | 05:05 | 14:14:00 |
| 208 | Bertsch Noel | 05:14 | 14:12:00 | 289 | Böckli Ruedi | 05:05 | 14:14:00 |
| 393 | Müller Adrian | 05:14 | 14:12:00 | 409 | Egli Roland | 05:05 | 14:14:00 |
| 338 | Eilinger Toni | 05:14 | 14:12:00 | 459 | Künzle Pius | 05:05 | 14:14:00 |
| 165 | Trütsch Hanspeter | 05:14 | 14:12:00 | 408 | Linder Karl | 05:05 | 14:14:00 |
| 638 | F Reiser Marianne | 05:14 | 14:12:00 | 774 | Steiner Thomas | 05:05 | 14:14:00 |
| 736 | Altwegg Andreas | 05:14 | 14:12:00 | 554 | Hugentobler Thomas | 05:05 | 14:14:00 |
| 446 | F Lehner Alexandra | 05:14 | 14:12:00 | 771 | Cataldo Vincenzo | 05:05 | 14:14:00 |
| 538 | F Bieri Daniela | 05:14 | 14:12:00 | 203 | F Besse Eveline | 05:05 | 14:14:00 |
| 369 | F Rütthemann Miriam | 05:14 | 14:12:00 | 218 | Weiler Christoph | 05:05 | 14:14:00 |
| 247 | F Hollenstein Sonja | 05:14 | 14:12:00 | 598 | F Angehrn Mirjam | 05:05 | 14:14:00 |
| 643 | F Buchmann Gabriela | 05:14 | 14:12:00 | 58 | F Steiner Claudia | 05:05 | 14:14:00 |
| 117 | Knecht Matthias | 05:14 | 14:12:00 | 786 | F Brehm Petra | 05:05 | 14:14:00 |
| 189 | Bommer Hans | 05:14 | 14:12:00 | 757 | de la Poza Juan | 05:05 | 14:14:00 |
| 561 | Pauli Kurt | 05:14 | 14:12:00 | 126 | F Durrer Anna | 05:05 | 14:14:00 |
| 151 | F Rutz Miranda | 05:09 | 14:13:00 | 212 | Fritsche Bruno | 05:05 | 14:14:00 |
| 251 | F Graf Lucretia | 05:09 | 14:13:00 | 207 | Bertsch Stefanus | 05:05 | 14:14:00 |
| 297 | F Reich Karin | 05:09 | 14:13:00 | 371 | F Hoegger Susanne | 05:05 | 14:14:00 |
| 732 | Wäfler Peter | 05:09 | 14:13:00 | 11 | Gentsch Erich | 05:05 | 14:14:00 |
| 133 | F Schweiss Franziska | 05:09 | 14:13:00 | 515 | F Krüsi Claudia | 05:00 | 14:15:00 |
| 252 | F Date Felizitas | 05:09 | 14:13:00 | 53 | Huber Gallus | 05:00 | 14:15:00 |
| 615 | F Lang Daniela | 05:09 | 14:13:00 | 61 | Dünner Lars | 05:00 | 14:15:00 |
| 635 | Mügler Hans | 05:09 | 14:13:00 | 585 | Hasler Heini | 05:00 | 14:15:00 |
| 290 | Garrido da Silva Vanderlei | 05:09 | 14:13:00 | 94 | Scherb Walter | 05:00 | 14:15:00 |
| 216 | F Lüchinger Margot | 05:09 | 14:13:00 | 325 | F Hug Tamara | 05:00 | 14:15:00 |
| 486 | Studerus Peter | 05:09 | 14:13:00 | 679 | Steinemann Roland | 05:00 | 14:15:00 |
| 478 | F Sauter Tatjana | 05:09 | 14:13:00 | 226 | Bengtson Lars | 05:00 | 14:15:00 |
| 500 | F Spielmann Isabel | 05:09 | 14:13:00 | 204 | De Vries Bert | 05:00 | 14:15:00 |
| 483 | Tempesta Luca | 05:09 | 14:13:00 | 200 | F Müller Berti | 05:00 | 14:15:00 |
| 333 | F Nufer Corina | 05:09 | 14:13:00 | 32 | Müller Peter | 05:00 | 14:15:00 |
| 479 | F Mullis Petra | 05:09 | 14:13:00 | 754 | Baumann Maikel | 05:00 | 14:15:00 |
| 327 | Strub Hans | 05:09 | 14:13:00 | 556 | Rast Reto | 05:00 | 14:15:00 |
| 549 | Heidmann Willy | 05:09 | 14:13:00 | 814 | F Rytz Susanne | 05:00 | 14:15:00 |
| 390 | F Keller Sylvia | 05:09 | 14:13:00 | 156 | Küng Robert | 05:00 | 14:15:00 |
| 740 | F Herde-Heibling Ruth | 05:09 | 14:13:00 | 270 | F Burkard Dominique Lara | 05:00 | 14:15:00 |
| 193 | F Dupper-Grob Barbara | 05:09 | 14:13:00 | 269 | Beeli Adrian | 05:00 | 14:15:00 |
| 748 | F Zingg Erika | 05:09 | 14:13:00 | 407 | F Herrmann Nadine | 05:00 | 14:15:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|------------------------|---------|-----------|-----|--------------------------|---------|-----------|
| 271 | Buner Roberto | 05:00 | 14:15:00 | 770 | Nünlist Marcel | 04:51 | 14:17:00 |
| 505 | F Wiget Rita | 05:00 | 14:15:00 | 520 | Stillhard Armin | 04:51 | 14:17:00 |
| 66 | F Mäder Fany | 05:00 | 14:15:00 | 282 | F Alpiger Franziska | 04:51 | 14:17:00 |
| 402 | Rupp Markus | 05:00 | 14:15:00 | 27 | F Jung Monika | 04:51 | 14:17:00 |
| 535 | F Thaddey Edith | 05:00 | 14:15:00 | 464 | Schuler Markus | 04:46 | 14:18:00 |
| 623 | Müller Ewald | 05:00 | 14:15:00 | 285 | F Weller Ina | 04:46 | 14:18:00 |
| 650 | Niklaus Robin | 05:00 | 14:15:00 | 791 | Dörsing Manfred | 04:46 | 14:18:00 |
| 64 | F Iacobozzi Ariane | 05:00 | 14:15:00 | 475 | Alfredsson Magnus | 04:46 | 14:18:00 |
| 461 | Ammann Daniel | 05:00 | 14:15:00 | 587 | Vogel Alex | 04:46 | 14:18:00 |
| 138 | Paradisi Andreas | 05:00 | 14:15:00 | 713 | F Mazukelyte Rita | 04:46 | 14:18:00 |
| 419 | Hage David | 04:55 | 14:16:00 | 812 | Paganini Noah | 04:46 | 14:18:00 |
| 404 | Untersander Hans | 04:55 | 14:16:00 | 467 | Götschmann Andreas | 04:46 | 14:18:00 |
| 322 | F Grosswiler Katrin | 04:55 | 14:16:00 | 454 | Oberhänsli Urs | 04:46 | 14:18:00 |
| 174 | Heuberger Thomas | 04:55 | 14:16:00 | 382 | Pretterklieber Ruppert | 04:46 | 14:18:00 |
| 67 | F Jud Ruth | 04:55 | 14:16:00 | 73 | Kürsteiner Walter | 04:46 | 14:18:00 |
| 161 | F Zbinden Karin | 04:55 | 14:16:00 | 118 | F Keidas Pirkko | 04:46 | 14:18:00 |
| 140 | Bissoli Benno | 04:55 | 14:16:00 | 692 | F Wenk Susanne | 04:46 | 14:18:00 |
| 796 | Eugster Beat | 04:55 | 14:16:00 | 17 | Bosshard Peter | 04:46 | 14:18:00 |
| 199 | Müller Gebhard | 04:55 | 14:16:00 | 691 | Wenk Martin | 04:46 | 14:18:00 |
| 507 | Heppler Franz | 04:55 | 14:16:00 | 385 | Poller Jan | 04:46 | 14:18:00 |
| 582 | F Petzold Nicole | 04:55 | 14:16:00 | 89 | Frank Claude | 04:46 | 14:18:00 |
| 405 | Zutt Martin | 04:55 | 14:16:00 | 415 | F Schenk Monika | 04:46 | 14:18:00 |
| 682 | F Natter-Zeberli Lea | 04:55 | 14:16:00 | 675 | F Sprenger Isabelle | 04:46 | 14:18:00 |
| 708 | F Gans Brigitte | 04:55 | 14:16:00 | 210 | Graschi Peter | 04:46 | 14:18:00 |
| 202 | Sturzenegger Christoph | 04:55 | 14:16:00 | 241 | F Hutter Jeannette | 04:46 | 14:18:00 |
| 113 | F Graf Strübi Nicole | 04:55 | 14:16:00 | 684 | Anderes Matthias | 04:46 | 14:18:00 |
| 83 | F Ricklin Nadia | 04:55 | 14:16:00 | 57 | Bernet Marc | 04:46 | 14:18:00 |
| 583 | Ghenzi Simon | 04:55 | 14:16:00 | 108 | F Huber Flurinda | 04:46 | 14:18:00 |
| 764 | Neher Jacques | 04:55 | 14:16:00 | 681 | Stacher Robin | 04:46 | 14:18:00 |
| 163 | Schibler Christian | 04:55 | 14:16:00 | 552 | F Bamert Regula | 04:46 | 14:18:00 |
| 260 | Schönenberger Walter | 04:55 | 14:16:00 | 145 | F Weissmann Brigitte | 04:46 | 14:18:00 |
| 804 | Wiederkehr Beat | 04:55 | 14:16:00 | 529 | Braun Bruno | 04:46 | 14:18:00 |
| 491 | F Kreis Claudia | 04:55 | 14:16:00 | 747 | Derungs Cla Riet | 04:46 | 14:18:00 |
| 157 | Kölbener Thomas | 04:55 | 14:16:00 | 629 | Zuber Ralf | 04:42 | 14:19:00 |
| 671 | Caluori Roger | 04:55 | 14:16:00 | 88 | Stacher Kurt | 04:42 | 14:19:00 |
| 176 | Koller Martin | 04:55 | 14:16:00 | 86 | F Schnellmann Beatrice | 04:42 | 14:19:00 |
| 423 | Back Thomas | 04:55 | 14:16:00 | 488 | Schellenbaum Michael | 04:42 | 14:19:00 |
| 425 | F Huber Svenja | 04:51 | 14:17:00 | 184 | Marti Hansruedi | 04:42 | 14:19:00 |
| 688 | Zehnder Marc | 04:51 | 14:17:00 | 82 | F Kliebenschädel Bettina | 04:42 | 14:19:00 |
| 493 | Keller Johann | 04:51 | 14:17:00 | 721 | Steiner Dario | 04:42 | 14:19:00 |
| 5 | Bruggmann Jürg | 04:51 | 14:17:00 | 232 | Rossi Ingo | 04:42 | 14:19:00 |
| 537 | Neff Emil | 04:51 | 14:17:00 | 784 | Hübner Jan | 04:42 | 14:19:00 |
| 274 | Dürig Theo | 04:51 | 14:17:00 | 273 | Stark Jakob | 04:42 | 14:19:00 |
| 533 | F Kern Irene | 04:51 | 14:17:00 | 657 | Weiss Roger | 04:42 | 14:19:00 |
| 213 | F Gisler Natalie | 04:51 | 14:17:00 | 90 | Oettli Cyril | 04:42 | 14:19:00 |
| 607 | F Tschann Vreni | 04:51 | 14:17:00 | 471 | Anderes Ruedi | 04:42 | 14:19:00 |
| 712 | Metzler Heinz | 04:51 | 14:17:00 | 728 | F Schaltegger Margrit | 04:42 | 14:19:00 |
| 173 | F Zangarini Laura | 04:51 | 14:17:00 | 335 | Gygax Walter | 04:42 | 14:19:00 |
| 23 | Grogg Martin | 04:51 | 14:17:00 | 365 | Trütsch Manfred | 04:42 | 14:19:00 |
| 72 | Reisser Wolfgang | 04:51 | 14:17:00 | 653 | F Wyss Daniela | 04:42 | 14:19:00 |
| 508 | Lüber Walter | 04:51 | 14:17:00 | 725 | Opprecht Urs | 04:42 | 14:19:00 |
| 734 | F Steiner Sara | 04:51 | 14:17:00 | 680 | F Rodel Nina | 04:42 | 14:19:00 |
| 422 | Herth Johannes | 04:51 | 14:17:00 | 92 | Kast Stefan | 04:42 | 14:19:00 |
| 779 | Mauriello Marc | 04:51 | 14:17:00 | 233 | Bauer Hansjörg | 04:42 | 14:19:00 |
| 700 | F Zehentmayer Sabrina | 04:51 | 14:17:00 | 465 | Schenk Daniel | 04:42 | 14:19:00 |
| 703 | Hirsbrunner Thomas | 04:51 | 14:17:00 | 342 | F Wettenschwiler Helen | 04:42 | 14:19:00 |
| 528 | F Ingold Katharina | 04:51 | 14:17:00 | 548 | Rüsi Patrick | 04:42 | 14:19:00 |
| 166 | Lauener Dario | 04:51 | 14:17:00 | 429 | F Schenk Shelly | 04:42 | 14:19:00 |
| 599 | Heerdegen Beat | 04:51 | 14:17:00 | 116 | Knecht Andreas | 04:42 | 14:19:00 |
| 579 | F Baumann Linda | 04:51 | 14:17:00 | 141 | Zürcher Urs | 04:42 | 14:19:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|------------------------|---------|-----------|-----|-----------------------|---------|-----------|
| 221 | Schwarz Martin | 04:42 | 14:19:00 | 137 | Bruhin Marco | 04:32 | 14:21:00 |
| 504 | F Rüegg Tina | 04:42 | 14:19:00 | 720 | Rohner Andy | 04:32 | 14:21:00 |
| 56 | F Fässler Ursi | 04:42 | 14:19:00 | 317 | Piasente Markus | 04:32 | 14:21:00 |
| 742 | Häberli Thomas | 04:42 | 14:19:00 | 413 | Zähner Peter | 04:32 | 14:21:00 |
| 477 | F Huber Christa | 04:42 | 14:19:00 | 171 | Akermann Niklaus | 04:32 | 14:21:00 |
| 403 | Rabazo Julio | 04:42 | 14:19:00 | 802 | Wetter Bruno | 04:32 | 14:21:00 |
| 185 | Cimenti Patrik | 04:42 | 14:19:00 | 560 | Krättli Andi | 04:32 | 14:21:00 |
| 531 | Krähemann Edwin | 04:42 | 14:19:00 | 341 | F Knup Christina | 04:32 | 14:21:00 |
| 220 | F Schwarz Karin | 04:42 | 14:19:00 | 321 | Schoch Oliver | 04:32 | 14:21:00 |
| 622 | F Heckendorn Renate | 04:42 | 14:19:00 | 632 | F von Mandach Annette | 04:32 | 14:21:00 |
| 194 | F Hengartner Karin | 04:42 | 14:19:00 | 546 | Bichsel Hans | 04:32 | 14:21:00 |
| 119 | Stern Christian | 04:37 | 14:20:00 | 580 | Bühler Peter | 04:32 | 14:21:00 |
| 555 | F Forrer Silvia | 04:37 | 14:20:00 | 43 | Trunz Toni | 04:32 | 14:21:00 |
| 521 | Risi Andrin | 04:37 | 14:20:00 | 577 | F Walsler Rahel | 04:32 | 14:21:00 |
| 211 | Gehrig Arnold | 04:37 | 14:20:00 | 44 | Walther Michael | 04:32 | 14:21:00 |
| 637 | F Stölzle Sabine | 04:37 | 14:20:00 | 306 | Eberle Paul | 04:32 | 14:21:00 |
| 628 | Sutter César | 04:37 | 14:20:00 | 455 | F Hug Sabrina | 04:32 | 14:21:00 |
| 15 | Knill Josef | 04:37 | 14:20:00 | 738 | Peter Marcel | 04:32 | 14:21:00 |
| 149 | Weishaupt Guido | 04:37 | 14:20:00 | 672 | Gans Ulrich | 04:32 | 14:21:00 |
| 756 | Jud Andreas | 04:37 | 14:20:00 | 240 | F Walter Heidi | 04:32 | 14:21:00 |
| 323 | Schilter René | 04:37 | 14:20:00 | 805 | Gervasi Paolo | 04:32 | 14:21:00 |
| 783 | Fuchs Armin | 04:37 | 14:20:00 | 776 | F Sprenger Sandra | 04:32 | 14:21:00 |
| 530 | Niklaus Christof | 04:37 | 14:20:00 | 357 | F Heim Tina | 04:32 | 14:21:00 |
| 190 | Eisenring Theo | 04:37 | 14:20:00 | 309 | F Schwarz Manuela | 04:32 | 14:21:00 |
| 263 | F Stäheli Judith | 04:37 | 14:20:00 | 349 | Schönenberger Bruno | 04:32 | 14:21:00 |
| 125 | Neuhauser Ruedi | 04:37 | 14:20:00 | 115 | Strübi Martin | 04:32 | 14:21:00 |
| 698 | F Neff Luzia | 04:37 | 14:20:00 | 572 | F Fodor Katharina | 04:32 | 14:21:00 |
| 234 | F Poller Bea | 04:37 | 14:20:00 | 553 | Lang Bruno | 04:32 | 14:21:00 |
| 581 | Keller Roland | 04:37 | 14:20:00 | 34 | Olbrecht Urs | 04:28 | 14:22:00 |
| 178 | Grüninger Armin | 04:37 | 14:20:00 | 331 | Bley Tibor | 04:28 | 14:22:00 |
| 699 | Brägger Joe | 04:37 | 14:20:00 | 288 | F Ehrat Elisabeth | 04:28 | 14:22:00 |
| 77 | Schmid Erik | 04:37 | 14:20:00 | 91 | Vögeli Thomas | 04:28 | 14:22:00 |
| 809 | Capol Ernst | 04:37 | 14:20:00 | 519 | Pfiffner Albert | 04:28 | 14:22:00 |
| 279 | F Kuhn Steffi | 04:37 | 14:20:00 | 383 | F Stäubli Sandra | 04:28 | 14:22:00 |
| 303 | Kaiser Ivo | 04:37 | 14:20:00 | 346 | Bosshard Ernst | 04:28 | 14:22:00 |
| 625 | Studer Matthias | 04:37 | 14:20:00 | 265 | Fisch Markus | 04:28 | 14:22:00 |
| 696 | F Hofer Daniela | 04:37 | 14:20:00 | 378 | Doukas Vaios | 04:28 | 14:22:00 |
| 498 | Kiser André | 04:37 | 14:20:00 | 450 | Meier Urs | 04:28 | 14:22:00 |
| 627 | F Zuber Helen | 04:37 | 14:20:00 | 102 | Buchs Patrick | 04:28 | 14:22:00 |
| 654 | Thalmann Theo | 04:37 | 14:20:00 | 337 | Fatzer Herbert | 04:28 | 14:22:00 |
| 539 | F Bommeli Christa | 04:37 | 14:20:00 | 506 | F Bosshart Helene | 04:28 | 14:22:00 |
| 186 | F Grossenbacher Katrin | 04:37 | 14:20:00 | 663 | F Tanner Daniela | 04:28 | 14:22:00 |
| 101 | Allenspach Claude | 04:37 | 14:20:00 | 716 | Bissegger Stefan | 04:28 | 14:22:00 |
| 214 | Wehrle Stefan | 04:37 | 14:20:00 | 31 | Müller Kurt | 04:28 | 14:22:00 |
| 389 | Stäheli Peter | 04:37 | 14:20:00 | 183 | Niklaus Sandro | 04:28 | 14:22:00 |
| 25 | Hörler Herbert | 04:37 | 14:20:00 | 705 | Schär Pascal | 04:28 | 14:22:00 |
| 387 | F Bezel Alexa | 04:37 | 14:20:00 | 731 | Mettler Anica | 04:28 | 14:22:00 |
| 739 | F Gründler Seline | 04:37 | 14:20:00 | 160 | Bresselschmidt Bernd | 04:28 | 14:22:00 |
| 547 | F Bichsel Renata | 04:37 | 14:20:00 | 462 | F Kliebens Jeannette | 04:28 | 14:22:00 |
| 790 | Lüthi Thomas | 04:37 | 14:20:00 | 798 | Gschwend Michael | 04:28 | 14:22:00 |
| 806 | Gervasi Riccardo | 04:32 | 14:21:00 | 591 | F Tschäppeler Doris | 04:28 | 14:22:00 |
| 701 | Bissegger Silvan | 04:32 | 14:21:00 | 49 | F Bruggmann Linda | 04:28 | 14:22:00 |
| 307 | Schöbi Ruedi | 04:32 | 14:21:00 | 440 | Wagner Walter | 04:28 | 14:22:00 |
| 722 | Moser Heinz | 04:32 | 14:21:00 | 569 | F Sutter Elisabeth | 04:28 | 14:22:00 |
| 631 | F Wüst Denise | 04:32 | 14:21:00 | 399 | Gisler Bruno | 04:28 | 14:22:00 |
| 557 | Torre Leonardo | 04:32 | 14:21:00 | 647 | F Haltinner Manuela | 04:28 | 14:22:00 |
| 74 | F Benz Regula | 04:32 | 14:21:00 | 107 | F Zwick Marion | 04:28 | 14:22:00 |
| 787 | Dürig Reto | 04:32 | 14:21:00 | 621 | Gross Beatus | 04:28 | 14:22:00 |
| 375 | Moser Martin | 04:32 | 14:21:00 | 594 | Schär Christoph | 04:28 | 14:22:00 |
| 452 | F Oberhänsli Denise | 04:32 | 14:21:00 | 16 | Schmuki Bernhard | 04:28 | 14:22:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|--------------------------------|---------|-----------|-----|-------------------------|---------|-----------|
| 352 | Bechtiger Rouven | 04:28 | 14:22:00 | 328 | Roth Christoph | 04:18 | 14:24:00 |
| 661 | F Ruckstuhl Marianne | 04:23 | 14:23:00 | 54 | Koller Daniel | 04:18 | 14:24:00 |
| 191 | Schwager Hugo | 04:23 | 14:23:00 | 227 | Lichtsteiner Patric | 04:18 | 14:24:00 |
| 510 | Steinemann Urs | 04:23 | 14:23:00 | 597 | Eisenegger Christian | 04:18 | 14:24:00 |
| 250 | Oppikofer Hans | 04:23 | 14:23:00 | 436 | Staubli Willi | 04:18 | 14:24:00 |
| 667 | Merk Erwin | 04:23 | 14:23:00 | 329 | Schäfer Walti | 04:18 | 14:24:00 |
| 400 | Steiner Silvan | 04:23 | 14:23:00 | 517 | Spielmann Jürg | 04:18 | 14:24:00 |
| 255 | Jung René | 04:23 | 14:23:00 | 811 | Bänziger Peter | 04:18 | 14:24:00 |
| 148 | Graf Kurt | 04:23 | 14:23:00 | 287 | F Iseli Rahel | 04:18 | 14:24:00 |
| 470 | Krüse Markus | 04:23 | 14:23:00 | 201 | Sonderegger Reto | 04:18 | 14:24:00 |
| 449 | Krüsi Roman | 04:23 | 14:23:00 | 28 | Kellenberger Jürg | 04:18 | 14:24:00 |
| 438 | F Lehmann-Güntensperger Simone | 04:23 | 14:23:00 | 181 | Brauchli René | 04:18 | 14:24:00 |
| 336 | Frisknecht Jakob | 04:23 | 14:23:00 | 284 | Bosch Josef | 04:18 | 14:24:00 |
| 275 | Aegerter Christian | 04:23 | 14:23:00 | 243 | Spagolla Adrian | 04:18 | 14:24:00 |
| 762 | Stump Beat | 04:23 | 14:23:00 | 326 | Hug Norbert | 04:18 | 14:24:00 |
| 658 | Ottiger Sven | 04:23 | 14:23:00 | 286 | F Windlin Monika | 04:14 | 14:25:00 |
| 319 | F Leu Astrid Michelle | 04:23 | 14:23:00 | 40 | Scheiwiler Karl | 04:14 | 14:25:00 |
| 604 | Boss Ralf | 04:23 | 14:23:00 | 123 | Rohner Ruedi | 04:14 | 14:25:00 |
| 662 | Zbinden Markus | 04:23 | 14:23:00 | 196 | F Reinhart Heidi | 04:14 | 14:25:00 |
| 605 | Riebli Patrik | 04:23 | 14:23:00 | 573 | Bianco Rolf | 04:14 | 14:25:00 |
| 302 | Perez Javier | 04:23 | 14:23:00 | 431 | Jun Lu | 04:14 | 14:25:00 |
| 300 | Kumli Martin | 04:23 | 14:23:00 | 299 | Boppart Stefan | 04:14 | 14:25:00 |
| 209 | Bertsch Elias | 04:23 | 14:23:00 | 760 | Weibel Marcel | 04:14 | 14:25:00 |
| 439 | Nyffeler Richard | 04:23 | 14:23:00 | 564 | Künzle Hans | 04:14 | 14:25:00 |
| 308 | Stacher Reto | 04:23 | 14:23:00 | 368 | Kugler Reto | 04:14 | 14:25:00 |
| 513 | F Zwicker Selinda | 04:23 | 14:23:00 | 63 | Spengler Kurt | 04:14 | 14:25:00 |
| 640 | Signer René | 04:23 | 14:23:00 | 636 | F Sägesser Sandra | 04:14 | 14:25:00 |
| 642 | Schädler Herbert | 04:23 | 14:23:00 | 179 | Brunner Richard | 04:14 | 14:25:00 |
| 458 | Marinic Alex | 04:23 | 14:23:00 | 388 | Epis Alessandro | 04:14 | 14:25:00 |
| 259 | Keller Pascal | 04:23 | 14:23:00 | 93 | Scheiwiler Adrian | 04:14 | 14:25:00 |
| 150 | Spahn Erich | 04:23 | 14:23:00 | 584 | F Gurtner Franziska | 04:14 | 14:25:00 |
| 313 | Pernisch Simon | 04:23 | 14:23:00 | 111 | Erni Pius | 04:14 | 14:25:00 |
| 310 | Schnecker Robert | 04:23 | 14:23:00 | 42 | Schwarz Jörg | 04:14 | 14:25:00 |
| 272 | F Rohner Miriam | 04:23 | 14:23:00 | 542 | F Gmür Claudia | 04:14 | 14:25:00 |
| 121 | Rutz Jack | 04:23 | 14:23:00 | 536 | Egli Reto | 04:14 | 14:25:00 |
| 142 | F Haltinner Yvonne | 04:23 | 14:23:00 | 266 | Tobler Heinz | 04:14 | 14:25:00 |
| 147 | Delgrosso Silvio | 04:23 | 14:23:00 | 588 | Leutwyler Andre | 04:14 | 14:25:00 |
| 448 | F Isler Christine | 04:23 | 14:23:00 | 753 | F Studer Cornelia | 04:14 | 14:25:00 |
| 291 | Meienberger Erich | 04:23 | 14:23:00 | 98 | Schönholzer René | 04:14 | 14:25:00 |
| 469 | Zweifel Max | 04:23 | 14:23:00 | 311 | Wipf Ruedi | 04:14 | 14:25:00 |
| 45 | F Wyss Elisabeth (Lisa) | 04:18 | 14:24:00 | 244 | Grogg Kevin | 04:14 | 14:25:00 |
| 726 | Nadlinger Jan | 04:18 | 14:24:00 | 707 | Stibi Reto | 04:09 | 14:26:00 |
| 361 | Steiger Bruno | 04:18 | 14:24:00 | 793 | Egli Pius | 04:09 | 14:26:00 |
| 426 | Huber Raphael | 04:18 | 14:24:00 | 527 | Bernhardsgrütter Pitsch | 04:09 | 14:26:00 |
| 683 | Looser Silvio | 04:18 | 14:24:00 | 36 | F Oertig Oriana | 04:09 | 14:26:00 |
| 60 | Maute Rolf | 04:18 | 14:24:00 | 749 | Wick Alois | 04:09 | 14:26:00 |
| 253 | Date Martin | 04:18 | 14:24:00 | 810 | Streuli Oliver | 04:09 | 14:26:00 |
| 420 | Alder Patric | 04:18 | 14:24:00 | 19 | Fässler Albert | 04:09 | 14:26:00 |
| 518 | Weber Roland | 04:18 | 14:24:00 | 427 | Huber Erich | 04:09 | 14:26:00 |
| 746 | Bognar Dario | 04:18 | 14:24:00 | 670 | Ziegler Michael | 04:09 | 14:26:00 |
| 398 | Schefer Reto | 04:18 | 14:24:00 | 618 | Duft Thomas | 04:09 | 14:26:00 |
| 205 | Leder Roman | 04:18 | 14:24:00 | 737 | Schönholzer René | 04:09 | 14:26:00 |
| 217 | Santinelli Luca | 04:18 | 14:24:00 | 249 | F Gähler Heidi | 04:09 | 14:26:00 |
| 9 | Etter Heinz | 04:18 | 14:24:00 | 396 | Steuble Roman | 04:09 | 14:26:00 |
| 685 | Wirth Fredy | 04:18 | 14:24:00 | 401 | Rohner Rico | 04:09 | 14:26:00 |
| 366 | Bokányi Andreas | 04:18 | 14:24:00 | 503 | Bonaria Alessandro | 04:09 | 14:26:00 |
| 109 | Knechtle Rolf | 04:18 | 14:24:00 | 468 | Zobrist Felix | 04:09 | 14:26:00 |
| 576 | Walser Mathias | 04:18 | 14:24:00 | 611 | Ruf Sandro | 04:09 | 14:26:00 |
| 562 | Altorfer Max | 04:18 | 14:24:00 | 617 | Meier Domenik | 04:09 | 14:26:00 |
| 545 | Müller Christian | 04:18 | 14:24:00 | 370 | Huber Remo | 04:09 | 14:26:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|-----------------------|---------|-----------|-----|-------------------------|---------|-----------|
| 392 | Schneider Roman | 04:09 | 14:26:00 | 744 | Brauchli Marius | 04:00 | 14:28:00 |
| 489 | F Valier Anja | 04:09 | 14:26:00 | 443 | Degan Glauco | 04:00 | 14:28:00 |
| 75 | F Manser Silvia | 04:09 | 14:26:00 | 206 | Pustiasi Andreas | 04:00 | 14:28:00 |
| 332 | Forster Daniel | 04:09 | 14:26:00 | 224 | Lehmann Nik | 04:00 | 14:28:00 |
| 112 | Schoch Hansjörg | 04:09 | 14:26:00 | 362 | Zehnder Thomas | 04:00 | 14:28:00 |
| 330 | Bischof Walter | 04:09 | 14:26:00 | 724 | Krüse Thomas | 04:00 | 14:28:00 |
| 541 | Klaus Walter | 04:09 | 14:26:00 | 228 | F Rechsteiner Sandra | 04:00 | 14:28:00 |
| 416 | Wiederkehr Erwin | 04:09 | 14:26:00 | 258 | Blees Jan | 04:00 | 14:28:00 |
| 345 | Salwender Thomas | 04:09 | 14:26:00 | 590 | Schenkel Flurin | 04:00 | 14:28:00 |
| 153 | Küng Hannes | 04:09 | 14:26:00 | 192 | Akermann Elmar | 04:00 | 14:28:00 |
| 660 | Vogel Hans | 04:09 | 14:26:00 | 215 | Spohn Tschösi | 04:00 | 14:28:00 |
| 586 | Schmutz Godi | 04:09 | 14:26:00 | 523 | Knechtle Lukas | 04:00 | 14:28:00 |
| 664 | Giger Ivo | 04:09 | 14:26:00 | 324 | Snippe Ricky | 04:00 | 14:28:00 |
| 665 | Witt Timo | 04:09 | 14:26:00 | 295 | Duschletta Daniel | 04:00 | 14:28:00 |
| 3 | Bornhauser Hans Peter | 04:09 | 14:26:00 | 646 | Reichert Markus | 04:00 | 14:28:00 |
| 613 | Nef Andreas | 04:09 | 14:26:00 | 437 | Lehmann Martin | 03:55 | 14:29:00 |
| 570 | Grosjean Louis | 04:09 | 14:26:00 | 424 | Senn Rolf | 03:55 | 14:29:00 |
| 501 | Grüniger Elias | 04:09 | 14:26:00 | 318 | Winiger Roland | 03:55 | 14:29:00 |
| 763 | Brüschweiler Fabian | 04:09 | 14:26:00 | 418 | Brehm Manuel | 03:55 | 14:29:00 |
| 417 | Zwicker Peter | 04:09 | 14:26:00 | 312 | Hättenschwiler Michael | 03:55 | 14:29:00 |
| 85 | Ricklin Paul | 04:09 | 14:26:00 | 105 | Thoma Marcel | 03:55 | 14:29:00 |
| 372 | Hoegger Vinzenz | 04:09 | 14:26:00 | 495 | Müller Thomas | 03:55 | 14:29:00 |
| 601 | Breitenmoser Karl | 04:05 | 14:27:00 | 710 | Kunz Cyrill | 03:55 | 14:29:00 |
| 550 | Kühne Marco | 04:05 | 14:27:00 | 172 | Kappeler Gregor | 03:55 | 14:29:00 |
| 257 | Schefer Hanspeter | 04:05 | 14:27:00 | 502 | Zürcher Jörg | 03:55 | 14:29:00 |
| 689 | Thalmann Max | 04:05 | 14:27:00 | 435 | Ramseyer Stephan | 03:55 | 14:29:00 |
| 264 | Brassel Jörg | 04:05 | 14:27:00 | 808 | Frei Yves | 03:55 | 14:29:00 |
| 634 | Spörri Roland | 04:05 | 14:27:00 | 456 | Hess Thomas | 03:55 | 14:29:00 |
| 103 | Huber Marcel | 04:05 | 14:27:00 | 351 | Bechtiger Roger | 03:55 | 14:29:00 |
| 704 | Date Raphael | 04:05 | 14:27:00 | 134 | Graf Thomas | 03:55 | 14:29:00 |
| 714 | Hübscher Christoph | 04:05 | 14:27:00 | 293 | Nyfelser Hans-Rudolf | 03:55 | 14:29:00 |
| 248 | Klarer Gerhard | 04:05 | 14:27:00 | 79 | Schwarzwälder Christian | 03:55 | 14:29:00 |
| 568 | Hilpert Tobias | 04:05 | 14:27:00 | 516 | F Salanitri Christina | 03:55 | 14:29:00 |
| 652 | Rohner Martin | 04:05 | 14:27:00 | 648 | Blättler Alex | 03:55 | 14:29:00 |
| 355 | Frischknecht Ueli | 04:05 | 14:27:00 | 522 | F Goldmann Lisa | 03:55 | 14:29:00 |
| 364 | Edelmann Mirco | 04:05 | 14:27:00 | 246 | Fritsche Markus | 03:55 | 14:29:00 |
| 534 | Wolfer Hansruedi | 04:05 | 14:27:00 | 188 | Bommer Roger | 03:55 | 14:29:00 |
| 158 | Kellenberger Urs | 04:05 | 14:27:00 | 380 | Böni Florian | 03:55 | 14:29:00 |
| 84 | F Ricklin Nicole | 04:05 | 14:27:00 | 222 | F Noack Andrea | 03:55 | 14:29:00 |
| 492 | Oppitz Lothar | 04:05 | 14:27:00 | 235 | Segerer Markus | 03:55 | 14:29:00 |
| 651 | Eugster Philipp | 04:05 | 14:27:00 | 755 | Kuratli Hans | 03:55 | 14:29:00 |
| 612 | Nef Stephan | 04:05 | 14:27:00 | 514 | Stump Christian | 03:55 | 14:29:00 |
| 626 | Fässler Martin | 04:05 | 14:27:00 | 29 | Kuhn Peter | 03:55 | 14:29:00 |
| 735 | Steiner Lukas | 04:05 | 14:27:00 | 359 | Steingruber Hugo | 03:51 | 14:30:00 |
| 135 | Hirter Markus | 04:05 | 14:27:00 | 168 | Schulz Rolf | 03:51 | 14:30:00 |
| 745 | Iseli Manfred | 04:05 | 14:27:00 | 177 | Benz Felix | 03:51 | 14:30:00 |
| 33 | F Kreisherr Nina | 04:05 | 14:27:00 | 106 | Zwick Richard | 03:51 | 14:30:00 |
| 540 | Doetschmann Thilo | 04:05 | 14:27:00 | 256 | Jung Thomas | 03:51 | 14:30:00 |
| 792 | Dörsing Hendrik | 04:05 | 14:27:00 | 433 | Meile Adrian | 03:51 | 14:30:00 |
| 360 | Püntener Kaspar | 04:05 | 14:27:00 | 68 | Keller Christian | 03:51 | 14:30:00 |
| 104 | Thoma Kevin | 04:00 | 14:28:00 | 242 | Brüschweiler Roman | 03:51 | 14:30:00 |
| 129 | Weber Tobias | 04:00 | 14:28:00 | 367 | Traber Urs | 03:51 | 14:30:00 |
| 693 | Baumann Beat | 04:00 | 14:28:00 | 130 | Koller Stefan | 03:51 | 14:30:00 |
| 669 | Jung Urban | 04:00 | 14:28:00 | 780 | Fässler Marcel | 03:51 | 14:30:00 |
| 474 | Brändle Viktor | 04:00 | 14:28:00 | 379 | Grossmann Jörg | 03:51 | 14:30:00 |
| 353 | Harzenmoser Christian | 04:00 | 14:28:00 | 727 | F Bechtiger Iris | 03:51 | 14:30:00 |
| 673 | Schönholzer Roland | 04:00 | 14:28:00 | 509 | Kummer Fredi | 03:51 | 14:30:00 |
| 76 | Haasters Peer | 04:00 | 14:28:00 | 136 | Weishaupt Marcel | 03:51 | 14:30:00 |
| 276 | Gisler Rolf | 04:00 | 14:28:00 | 175 | Dümmel Martin | 03:51 | 14:30:00 |
| 610 | Merkle Othmar | 04:00 | 14:28:00 | 687 | Eberle Alex | 03:51 | 14:30:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|-----------------------|---------|-----------|-----|------------------------|---------|-----------|
| 473 | Brändle Gabriel | 03:51 | 14:30:00 | 807 | Schönenberger Matthias | 03:32 | 14:34:00 |
| 566 | Aliji Bujalin | 03:51 | 14:30:00 | 197 | Kuster Erich | 03:32 | 14:34:00 |
| 706 | F Benz Sandrine | 03:51 | 14:30:00 | 120 | Willaert Tom | 03:32 | 14:34:00 |
| 715 | Walser Andreas | 03:51 | 14:30:00 | 476 | Terzer Patrik | 03:32 | 14:34:00 |
| 567 | Reichel Thomas | 03:51 | 14:30:00 | 354 | Pfiffner Thomas | 03:32 | 14:34:00 |
| 10 | Graf Noldy | 03:51 | 14:30:00 | 37 | Pfister Fredy | 03:32 | 14:34:00 |
| 472 | Asmin Josef | 03:51 | 14:30:00 | 558 | Mettler Martin | 03:32 | 14:34:00 |
| 551 | Mettler Bruno | 03:46 | 14:31:00 | 411 | Popp Justus | 03:32 | 14:34:00 |
| 358 | Heim Samuel | 03:46 | 14:31:00 | 47 | Schneider Arno | 03:32 | 14:34:00 |
| 283 | Röllli Gregor | 03:46 | 14:31:00 | 278 | Eugster Christoph | 03:32 | 14:34:00 |
| 596 | Halter Markus | 03:46 | 14:31:00 | 441 | Süssli Philipp | 03:32 | 14:34:00 |
| 262 | Corkovic Alen | 03:46 | 14:31:00 | 21 | Frei Silvan | 03:32 | 14:34:00 |
| 526 | Rauber Marcel | 03:46 | 14:31:00 | 132 | Kobler Florian | 03:28 | 14:35:00 |
| 81 | Kliebenschädél Thomas | 03:46 | 14:31:00 | 159 | Gisler Kurt | 03:28 | 14:35:00 |
| 320 | Altorfer Oliver | 03:46 | 14:31:00 | 729 | Candita Daniele | 03:28 | 14:35:00 |
| 381 | Lumpp Matthias | 03:46 | 14:31:00 | 139 | Bischofberger Guido | 03:28 | 14:35:00 |
| 624 | Lüscher Damian | 03:46 | 14:31:00 | 154 | Widmer Beat | 03:28 | 14:35:00 |
| 65 | Ricklin Peter | 03:46 | 14:31:00 | 761 | Uebersax Dan | 03:28 | 14:35:00 |
| 238 | Eckmann Bernd | 03:46 | 14:31:00 | 268 | Enzler Daniel | 03:28 | 14:35:00 |
| 70 | Osterwalder Norbert | 03:46 | 14:31:00 | 182 | Deucher André | 03:28 | 14:35:00 |
| 511 | Schmid Markus | 03:46 | 14:31:00 | 386 | Schwarz Marc | 03:28 | 14:35:00 |
| 230 | Nef Michael | 03:46 | 14:31:00 | 512 | Huber Michael | 03:28 | 14:35:00 |
| 759 | Zbinden Tobias | 03:46 | 14:31:00 | 363 | Schenk Felix | 03:23 | 14:36:00 |
| 167 | Lauener Andy | 03:46 | 14:31:00 | 463 | Bodenmann Heinz | 03:23 | 14:36:00 |
| 697 | Reifler Christoph | 03:46 | 14:31:00 | 96 | Rutishauser Matthias | 03:23 | 14:36:00 |
| 453 | Oberhänsli Fabian | 03:46 | 14:31:00 | 374 | Pinelli Enzo | 03:23 | 14:36:00 |
| 1 | Stern Felix | 03:46 | 14:31:00 | 800 | Richle Stefan | 03:23 | 14:36:00 |
| 813 | Althaus Stefan | 03:42 | 14:32:00 | 348 | Hermann Daniel | 03:18 | 14:37:00 |
| 356 | Rentzmann Cornel | 03:42 | 14:32:00 | 80 | Leemann Martin | 03:14 | 14:38:00 |
| 752 | Stäheli Jörg | 03:42 | 14:32:00 | 267 | Schefer Christoph | 03:09 | 14:39:00 |
| 50 | Grüninger Micha | 03:42 | 14:32:00 | 155 | Jörg Mischa | 03:09 | 14:39:00 |
| 2 | Schmid Christian | 03:42 | 14:32:00 | 702 | Hubmann Martin | 03:09 | 14:39:00 |
| 485 | Monego Enrico | 03:42 | 14:32:00 | | | | |
| 223 | Noack Patrik | 03:42 | 14:32:00 | | | | |
| 162 | Koller Josef | 03:42 | 14:32:00 | | | | |
| 765 | Hälg Daniel | 03:42 | 14:32:00 | | | | |
| 532 | Kern Hans | 03:42 | 14:32:00 | | | | |
| 100 | Straumann Urs | 03:42 | 14:32:00 | | | | |
| 316 | Bösch Köbi | 03:42 | 14:32:00 | | | | |
| 782 | Holzhüter Dirk | 03:42 | 14:32:00 | | | | |
| 35 | Oertig Karl | 03:37 | 14:33:00 | | | | |
| 347 | Hasler Bruno | 03:37 | 14:33:00 | | | | |
| 170 | Weiss Richard | 03:37 | 14:33:00 | | | | |
| 633 | Weber André | 03:37 | 14:33:00 | | | | |
| 524 | F Zoller Nina | 03:37 | 14:33:00 | | | | |
| 78 | Böni Raphael | 03:37 | 14:33:00 | | | | |
| 294 | Müller Peter | 03:37 | 14:33:00 | | | | |
| 292 | Rentzmann Pascal | 03:37 | 14:33:00 | | | | |
| 794 | F Schmid Luzia | 03:37 | 14:33:00 | | | | |
| 460 | Sauter Markus | 03:37 | 14:33:00 | | | | |
| 799 | Schudel Pascal | 03:37 | 14:33:00 | | | | |
| 195 | Hengartner Urs | 03:37 | 14:33:00 | | | | |
| 494 | Lehmann Walter | 03:37 | 14:33:00 | | | | |
| 412 | Brändle Beat | 03:37 | 14:33:00 | | | | |
| 630 | Krüsi Daniel | 03:37 | 14:33:00 | | | | |
| 143 | Süess Stefan | 03:37 | 14:33:00 | | | | |
| 229 | F Burkhart Jessica | 03:37 | 14:33:00 | | | | |
| 51 | Hanser Robin | 03:37 | 14:33:00 | | | | |
| 277 | Rüesch Matthias | 03:32 | 14:34:00 | | | | |
| 543 | Piccolo Antonio | 03:32 | 14:34:00 | | | | |



Gutes aus der Schweiz.



Startliste alphabetisch

Frauenfeld

08.02.2014

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|-------------------------|---------|-----------|-------|-----------------------|---------|-----------|
| 275 | Aegerter Christian | 04:23 | 14:23:00 | 538 F | Bieri Daniela | 05:14 | 14:12:00 |
| 192 | Akermann Elmar | 04:00 | 14:28:00 | 330 | Bischof Walter | 04:09 | 14:26:00 |
| 171 | Akermann Niklaus | 04:32 | 14:21:00 | 139 | Bischofberger Guido | 03:28 | 14:35:00 |
| 606 | Albrecht Jürgen | 06:14 | 13:59:00 | 701 | Bissegger Silvan | 04:32 | 14:21:00 |
| 420 | Alder Patric | 04:18 | 14:24:00 | 716 | Bissegger Stefan | 04:28 | 14:22:00 |
| 475 | Alfredsson Magnus | 04:46 | 14:18:00 | 140 | Bissoli Benno | 04:55 | 14:16:00 |
| 566 | Aliji Bujalin | 03:51 | 14:30:00 | 648 | Blättler Alex | 03:55 | 14:29:00 |
| 101 | Allenspach Claude | 04:37 | 14:20:00 | 258 | Blees Jan | 04:00 | 14:28:00 |
| 282 F | Alpiger Franziska | 04:51 | 14:17:00 | 331 | Bley Tibor | 04:28 | 14:22:00 |
| 813 | Althaus Stefan | 03:42 | 14:32:00 | 289 | Böckli Ruedi | 05:05 | 14:14:00 |
| 434 F | Alther Annemarie | 05:23 | 14:10:00 | 463 | Bodenmann Heinz | 03:23 | 14:36:00 |
| 562 | Altorfer Max | 04:18 | 14:24:00 | 746 | Bognar Dario | 04:18 | 14:24:00 |
| 320 | Altorfer Oliver | 03:46 | 14:31:00 | 366 | Bokányi Andreas | 04:18 | 14:24:00 |
| 736 | Altwegg Andreas | 05:14 | 14:12:00 | 496 | Bolliger Armin | 05:18 | 14:11:00 |
| 614 | Ammann Anton | 06:05 | 14:01:00 | 539 F | Bommeli Christa | 04:37 | 14:20:00 |
| 461 | Ammann Daniel | 05:00 | 14:15:00 | 189 | Bommer Hans | 05:14 | 14:12:00 |
| 305 | Amrein Sigi | 05:46 | 14:05:00 | 188 | Bommer Roger | 03:55 | 14:29:00 |
| 684 | Anderes Matthias | 04:46 | 14:18:00 | 503 | Bonaria Alessandro | 04:09 | 14:26:00 |
| 471 | Anderes Ruedi | 04:42 | 14:19:00 | 131 | Böni Albin | 05:23 | 14:10:00 |
| 261 F | Angehrn Brigitte | 05:18 | 14:11:00 | 380 | Böni Florian | 03:55 | 14:29:00 |
| 598 F | Angehrn Mirjam | 05:05 | 14:14:00 | 78 | Böni Raphael | 03:37 | 14:33:00 |
| 472 | Asmin Josef | 03:51 | 14:30:00 | 299 | Boppart Stefan | 04:14 | 14:25:00 |
| 423 | Back Thomas | 04:55 | 14:16:00 | 3 | Bornhauser Hans Peter | 04:09 | 14:26:00 |
| 690 | Baer Peter | 05:14 | 14:12:00 | 284 | Bosch Josef | 04:18 | 14:24:00 |
| 552 F | Bamert Regula | 04:46 | 14:18:00 | 316 | Bösch Köbi | 03:42 | 14:32:00 |
| 811 | Bänziger Peter | 04:18 | 14:24:00 | 59 F | Bösiger Helena | 05:09 | 14:13:00 |
| 233 | Bauer Hansjörg | 04:42 | 14:19:00 | 719 | Bosma Adriaan | 06:14 | 13:59:00 |
| 693 | Baumann Beat | 04:00 | 14:28:00 | 604 | Boss Ralf | 04:23 | 14:23:00 |
| 579 F | Baumann Linda | 04:51 | 14:17:00 | 346 | Bosshard Ernst | 04:28 | 14:22:00 |
| 754 | Baumann Maikel | 05:00 | 14:15:00 | 17 | Bosshard Peter | 04:46 | 14:18:00 |
| 377 | Baumgartner Tobias | 05:32 | 14:08:00 | 506 F | Bosshart Helene | 04:28 | 14:22:00 |
| 481 | Bavone Ennio | 05:14 | 14:12:00 | 699 | Brägger Joe | 04:37 | 14:20:00 |
| 482 | Bavone Ilario | 05:23 | 14:10:00 | 412 | Brändle Beat | 03:37 | 14:33:00 |
| 350 F | Bechtiger Gertraud | 05:23 | 14:10:00 | 473 | Brändle Gabriel | 03:51 | 14:30:00 |
| 727 F | Bechtiger Iris | 03:51 | 14:30:00 | 474 | Brändle Viktor | 04:00 | 14:28:00 |
| 351 | Bechtiger Roger | 03:55 | 14:29:00 | 264 | Brassel Jörg | 04:05 | 14:27:00 |
| 352 | Bechtiger Rouven | 04:28 | 14:22:00 | 743 | Brauchli Jonas | 05:28 | 14:09:00 |
| 269 | Beeli Adrian | 05:00 | 14:15:00 | 744 | Brauchli Marius | 04:00 | 14:28:00 |
| 226 | Bengtson Lars | 05:00 | 14:15:00 | 181 | Brauchli René | 04:18 | 14:24:00 |
| 177 | Benz Felix | 03:51 | 14:30:00 | 529 | Braun Bruno | 04:46 | 14:18:00 |
| 74 F | Benz Regula | 04:32 | 14:21:00 | 418 | Brehm Manuel | 03:55 | 14:29:00 |
| 706 F | Benz Sandrine | 03:51 | 14:30:00 | 786 F | Brehm Petra | 05:05 | 14:14:00 |
| 52 F | Berg Mirjam | 05:37 | 14:07:00 | 601 | Breitenmoser Karl | 04:05 | 14:27:00 |
| 750 | Berger Michael | 06:23 | 13:57:00 | 160 | Bresselschmidt Bernd | 04:28 | 14:22:00 |
| 57 | Bernet Marc | 04:46 | 14:18:00 | 694 F | Bruggmann Doris | 05:42 | 14:06:00 |
| 527 | Bernhardsgrütter Pitsch | 04:09 | 14:26:00 | 5 | Bruggmann Jürg | 04:51 | 14:17:00 |
| 209 | Bertsch Elias | 04:23 | 14:23:00 | 49 F | Bruggmann Linda | 04:28 | 14:22:00 |
| 208 | Bertsch Noel | 05:14 | 14:12:00 | 48 F | Bruggmann Rebecca | 06:09 | 14:00:00 |
| 207 | Bertsch Stefanus | 05:05 | 14:14:00 | 137 | Bruhin Marco | 04:32 | 14:21:00 |
| 203 F | Besse Eveline | 05:05 | 14:14:00 | 773 | Brülisauer Urs | 06:14 | 13:59:00 |
| 387 F | Bezel Alexa | 04:37 | 14:20:00 | 179 | Brunner Richard | 04:14 | 14:25:00 |
| 573 | Bianco Rolf | 04:14 | 14:25:00 | 763 | Brüschweiler Fabian | 04:09 | 14:26:00 |
| 603 | Biber Alex | 05:37 | 14:07:00 | 242 | Brüschweiler Roman | 03:51 | 14:30:00 |
| 546 | Bichsel Hans | 04:32 | 14:21:00 | 643 F | Buchmann Gabriela | 05:14 | 14:12:00 |
| 547 F | Bichsel Renata | 04:37 | 14:20:00 | 102 | Buchs Patrick | 04:28 | 14:22:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|------------------------|---------|-----------|-------|----------------------------|---------|-----------|
| 580 | Bühler Peter | 04:32 | 14:21:00 | 337 | Fatzer Herbert | 04:28 | 14:22:00 |
| 271 | Buner Roberto | 05:00 | 14:15:00 | 340 F | Fatzer Jasmin | 05:28 | 14:09:00 |
| 6 | Bünzli Urban | 05:18 | 14:11:00 | 198 | Faust Johannes | 05:23 | 14:10:00 |
| 270 F | Burkard Dominique Lara | 05:00 | 14:15:00 | 280 | Fink Arnold | 06:00 | 14:02:00 |
| 229 F | Burkhardt Jessica | 03:37 | 14:33:00 | 281 F | Fink Cäcilia | 05:37 | 14:07:00 |
| 671 | Caluori Roger | 04:55 | 14:16:00 | 265 | Fisch Markus | 04:28 | 14:22:00 |
| 729 | Candita Daniele | 03:28 | 14:35:00 | 572 F | Fodor Katharina | 04:32 | 14:21:00 |
| 809 | Capol Ernst | 04:37 | 14:20:00 | 555 F | Forrer Silvia | 04:37 | 14:20:00 |
| 771 | Cataldo Vincenzo | 05:05 | 14:14:00 | 332 | Forster Daniel | 04:09 | 14:26:00 |
| 717 F | Christiansen Charlotte | 05:46 | 14:05:00 | 394 F | Forster Karoline | 06:00 | 14:02:00 |
| 185 | Cimenti Patrik | 04:42 | 14:19:00 | 89 | Frank Claude | 04:46 | 14:18:00 |
| 262 | Corkovic Alen | 03:46 | 14:31:00 | 20 F | Frei Margrit | 05:09 | 14:13:00 |
| 252 F | Date Felizitas | 05:09 | 14:13:00 | 21 | Frei Silvan | 03:32 | 14:34:00 |
| 253 | Date Martin | 04:18 | 14:24:00 | 808 | Frei Yves | 03:55 | 14:29:00 |
| 704 | Date Raphael | 04:05 | 14:27:00 | 336 | Frischknecht Jakob | 04:23 | 14:23:00 |
| 757 | de la Poza Juan | 05:05 | 14:14:00 | 525 | Frisknecht Daniel | 05:05 | 14:14:00 |
| 204 | De Vries Bert | 05:00 | 14:15:00 | 355 | Frisknecht Ueli | 04:05 | 14:27:00 |
| 443 | Degan Glauco | 04:00 | 14:28:00 | 212 | Fritsche Bruno | 05:05 | 14:14:00 |
| 147 | Delgrosso Silvio | 04:23 | 14:23:00 | 246 | Fritsche Markus | 03:55 | 14:29:00 |
| 747 | Derungs Cla Riet | 04:46 | 14:18:00 | 783 | Fuchs Armin | 04:37 | 14:20:00 |
| 182 | Deucher André | 03:28 | 14:35:00 | 249 F | Gähler Heidi | 04:09 | 14:26:00 |
| 87 | Di Sarli Gianpaolo | 05:09 | 14:13:00 | 708 F | Gans Brigitte | 04:55 | 14:16:00 |
| 540 | Doetschmann Thilo | 04:05 | 14:27:00 | 672 | Gans Ulrich | 04:32 | 14:21:00 |
| 619 F | Domagala Monika | 06:00 | 14:02:00 | 290 | Garrido da Silva Vanderlei | 05:09 | 14:13:00 |
| 792 | Dörsing Hendrik | 04:05 | 14:27:00 | 775 | Gebert Niklaus | 05:32 | 14:08:00 |
| 791 | Dörsing Manfred | 04:46 | 14:18:00 | 211 | Gehrig Arnold | 04:37 | 14:20:00 |
| 378 | Doukas Vaios | 04:28 | 14:22:00 | 644 F | Gehrig Linda | 05:09 | 14:13:00 |
| 618 | Duft Thomas | 04:09 | 14:26:00 | 432 | Gehrig Rolf | 05:37 | 14:07:00 |
| 175 | Dümmel Martin | 03:51 | 14:30:00 | 11 | Gentsch Erich | 05:05 | 14:14:00 |
| 61 | Dünner Lars | 05:00 | 14:15:00 | 768 | Gerber Peter | 07:51 | 13:38:00 |
| 62 | Dünner Marcel | 05:51 | 14:04:00 | 805 | Gervasi Paolo | 04:32 | 14:21:00 |
| 193 F | Dupper-Grob Barbara | 05:09 | 14:13:00 | 806 | Gervasi Riccardo | 04:32 | 14:21:00 |
| 787 | Dürig Reto | 04:32 | 14:21:00 | 583 | Ghenzi Simon | 04:55 | 14:16:00 |
| 274 | Dürig Theo | 04:51 | 14:17:00 | 664 | Giger Ivo | 04:09 | 14:26:00 |
| 126 F | Durrer Anna | 05:05 | 14:14:00 | 399 | Gisler Bruno | 04:28 | 14:22:00 |
| 295 | Duschletta Daniel | 04:00 | 14:28:00 | 159 | Gisler Kurt | 03:28 | 14:35:00 |
| 687 | Eberle Alex | 03:51 | 14:30:00 | 213 F | Gisler Natalie | 04:51 | 14:17:00 |
| 306 | Eberle Paul | 04:32 | 14:21:00 | 276 | Gisler Rolf | 04:00 | 14:28:00 |
| 238 | Eckmann Bernd | 03:46 | 14:31:00 | 542 F | Gmür Claudia | 04:14 | 14:25:00 |
| 364 | Edelmann Mirco | 04:05 | 14:27:00 | 522 F | Goldmann Lisa | 03:55 | 14:29:00 |
| 793 | Egli Pius | 04:09 | 14:26:00 | 467 | Götschmann Andreas | 04:46 | 14:18:00 |
| 536 | Egli Reto | 04:14 | 14:25:00 | 148 | Graf Kurt | 04:23 | 14:23:00 |
| 409 | Egli Roland | 05:05 | 14:14:00 | 251 F | Graf Lucretia | 05:09 | 14:13:00 |
| 288 F | Ehrat Elisabeth | 04:28 | 14:22:00 | 563 | Graf Maximilian | 05:28 | 14:09:00 |
| 338 | Eilinger Toni | 05:14 | 14:12:00 | 10 | Graf Noldy | 03:51 | 14:30:00 |
| 597 | Eisenegger Christian | 04:18 | 14:24:00 | 113 F | Graf Strübi Nicole | 04:55 | 14:16:00 |
| 190 | Eisenring Theo | 04:37 | 14:20:00 | 134 | Graf Thomas | 03:55 | 14:29:00 |
| 268 | Enzler Daniel | 03:28 | 14:35:00 | 210 | Graschi Peter | 04:46 | 14:18:00 |
| 388 | Epis Alessandro | 04:14 | 14:25:00 | 301 | Grob Ludwig | 05:18 | 14:11:00 |
| 111 | Erni Pius | 04:14 | 14:25:00 | 244 | Grogg Kevin | 04:14 | 14:25:00 |
| 9 | Etter Heinz | 04:18 | 14:24:00 | 23 | Grogg Martin | 04:51 | 14:17:00 |
| 796 | Eugster Beat | 04:55 | 14:16:00 | 570 | Grosjean Louis | 04:09 | 14:26:00 |
| 278 | Eugster Christoph | 03:32 | 14:34:00 | 621 | Gross Beatus | 04:28 | 14:22:00 |
| 651 | Eugster Philipp | 04:05 | 14:27:00 | 186 F | Grossenbacher Katrin | 04:37 | 14:20:00 |
| 19 | Fässler Albert | 04:09 | 14:26:00 | 379 | Grossmann Jörg | 03:51 | 14:30:00 |
| 780 | Fässler Marcel | 03:51 | 14:30:00 | 322 F | Grosswiler Katrin | 04:55 | 14:16:00 |
| 678 F | Fässler Marion | 05:23 | 14:10:00 | 739 F | Gründler Seline | 04:37 | 14:20:00 |
| 626 | Fässler Martin | 04:05 | 14:27:00 | 178 | Grüniger Armin | 04:37 | 14:20:00 |
| 56 F | Fässler Ursi | 04:42 | 14:19:00 | 501 | Grüniger Elias | 04:09 | 14:26:00 |
| 592 F | Fatzer Désirée | 05:18 | 14:11:00 | 50 | Grüniger Micha | 03:42 | 14:32:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|------------------------|---------|-----------|-------|------------------------|---------|-----------|
| 164 | Gschwend Karl | 05:09 | 14:13:00 | 714 | Hübscher Christoph | 04:05 | 14:27:00 |
| 798 | Gschwend Michael | 04:28 | 14:22:00 | 326 | Hug Norbert | 04:18 | 14:24:00 |
| 584 F | Gurtner Franziska | 04:14 | 14:25:00 | 26 F | Hug Ruth | 05:42 | 14:06:00 |
| 334 F | Gygax Erika | 05:05 | 14:14:00 | 455 F | Hug Sabrina | 04:32 | 14:21:00 |
| 335 | Gygax Walter | 04:42 | 14:19:00 | 325 F | Hug Tamara | 05:00 | 14:15:00 |
| 76 | Haasters Peer | 04:00 | 14:28:00 | 554 | Hugentobler Thomas | 05:05 | 14:14:00 |
| 742 | Häberli Thomas | 04:42 | 14:19:00 | 241 F | Hutter Jeannette | 04:46 | 14:18:00 |
| 24 F | Hablützel Lisa | 05:28 | 14:09:00 | 559 F | Hutterli Nicole | 05:42 | 14:06:00 |
| 419 | Hage David | 04:55 | 14:16:00 | 64 F | Iacobozzi Ariane | 05:00 | 14:15:00 |
| 765 | Hälg Daniel | 03:42 | 14:32:00 | 236 F | Inauen Kim | 05:23 | 14:10:00 |
| 596 | Halter Markus | 03:46 | 14:31:00 | 528 F | Ingold Katharina | 04:51 | 14:17:00 |
| 647 F | Haltinner Manuela | 04:28 | 14:22:00 | 745 | Iseli Manfred | 04:05 | 14:27:00 |
| 142 F | Haltinner Yvonne | 04:23 | 14:23:00 | 448 F | Isler Christine | 04:18 | 14:24:00 |
| 593 F | Hanimann Andrea | 05:28 | 14:09:00 | 766 | Ismaili Mevlan | 06:00 | 14:02:00 |
| 51 | Hanser Robin | 03:37 | 14:33:00 | 789 F | Jaggi Theres | 05:14 | 14:12:00 |
| 353 | Harzenmoser Christian | 04:00 | 14:28:00 | 127 | Järmann Hugo | 05:28 | 14:09:00 |
| 347 | Hasler Bruno | 03:37 | 14:33:00 | 155 | Jörg Mischa | 03:09 | 14:39:00 |
| 585 | Hasler Heini | 05:00 | 14:15:00 | 756 | Jud Andreas | 04:37 | 14:20:00 |
| 312 | Hättenschwiler Michael | 03:55 | 14:29:00 | 67 F | Jud Ruth | 04:55 | 14:16:00 |
| 622 F | Heckendorn Renate | 04:42 | 14:19:00 | 431 | Jun Lu | 04:14 | 14:25:00 |
| 599 | Heerdegen Beat | 04:51 | 14:17:00 | 499 F | Jung Angelina | 05:37 | 14:07:00 |
| 600 | Heerdegen Philipp | 05:18 | 14:11:00 | 27 F | Jung Monika | 04:51 | 14:17:00 |
| 549 | Heidmann Willy | 05:09 | 14:13:00 | 255 | Jung René | 04:23 | 14:23:00 |
| 578 | Heim Beat | 05:42 | 14:06:00 | 256 | Jung Thomas | 03:51 | 14:30:00 |
| 358 | Heim Samuel | 03:46 | 14:31:00 | 669 | Jung Urban | 04:00 | 14:28:00 |
| 357 F | Heim Tina | 04:32 | 14:21:00 | 303 | Kaiser Ivo | 04:37 | 14:20:00 |
| 194 F | Hengartner Karin | 04:42 | 14:19:00 | 172 | Kappeler Gregor | 03:55 | 14:29:00 |
| 195 | Hengartner Urs | 03:37 | 14:33:00 | 92 | Kast Stefan | 04:42 | 14:19:00 |
| 507 | Heppler Franz | 04:55 | 14:16:00 | 397 F | Kathmann Iris | 05:37 | 14:07:00 |
| 740 F | Herde-Helbling Ruth | 05:09 | 14:13:00 | 118 F | Keidas Pirkko | 04:46 | 14:18:00 |
| 348 | Hermann Daniel | 03:18 | 14:37:00 | 28 | Kellenberger Jürg | 04:18 | 14:24:00 |
| 407 F | Herrmann Nadine | 05:00 | 14:15:00 | 158 | Kellenberger Urs | 04:05 | 14:27:00 |
| 422 | Herth Johannes | 04:51 | 14:17:00 | 68 | Keller Christian | 03:51 | 14:30:00 |
| 456 | Hess Thomas | 03:55 | 14:29:00 | 758 F | Keller Claudia | 05:09 | 14:13:00 |
| 174 | Heuberger Thomas | 04:55 | 14:16:00 | 421 F | Keller Corinne | 05:05 | 14:14:00 |
| 373 F | Hilber Silvia | 05:51 | 14:04:00 | 493 | Keller Johann | 04:51 | 14:17:00 |
| 568 | Hilpert Tobias | 04:05 | 14:27:00 | 259 | Keller Pascal | 04:23 | 14:23:00 |
| 703 | Hirsbrunner Thomas | 04:51 | 14:17:00 | 581 | Keller Roland | 04:37 | 14:20:00 |
| 135 | Hirter Markus | 04:05 | 14:27:00 | 390 F | Keller Sylvia | 05:09 | 14:13:00 |
| 371 F | Hoegger Susanne | 05:05 | 14:14:00 | 532 | Kern Hans | 03:42 | 14:32:00 |
| 372 | Hoegger Vinzenz | 04:09 | 14:26:00 | 533 F | Kern Irene | 04:51 | 14:17:00 |
| 696 F | Hofer Daniela | 04:37 | 14:20:00 | 71 F | Kessler Renate | 05:14 | 14:12:00 |
| 219 F | Hofstetter Andrea | 05:14 | 14:12:00 | 795 | Kiebler Simon | 05:09 | 14:13:00 |
| 676 | Hohl Willi | 05:42 | 14:06:00 | 498 | Kiser André | 04:37 | 14:20:00 |
| 376 F | Holenstein Monika | 05:18 | 14:11:00 | 248 | Klarer Gerhard | 04:05 | 14:27:00 |
| 247 F | Hollenstein Sonja | 05:14 | 14:12:00 | 541 | Klaus Walter | 04:09 | 14:26:00 |
| 782 | Holzhüter Dirk | 03:42 | 14:32:00 | 462 F | Kliebens Jeannette | 04:28 | 14:22:00 |
| 25 | Hörlher Herbert | 04:37 | 14:20:00 | 82 F | Kliebenschädel Bettina | 04:42 | 14:19:00 |
| 677 F | Hörlher Stefanie | 05:46 | 14:05:00 | 81 | Kliebenschädel Thomas | 03:46 | 14:31:00 |
| 477 F | Huber Christa | 04:42 | 14:19:00 | 116 | Knecht Andreas | 04:42 | 14:19:00 |
| 427 | Huber Erich | 04:09 | 14:26:00 | 117 | Knecht Matthias | 05:14 | 14:12:00 |
| 108 F | Huber Flurinda | 04:46 | 14:18:00 | 523 | Knechtle Lukas | 04:00 | 14:28:00 |
| 53 | Huber Gallus | 05:00 | 14:15:00 | 109 | Knechtle Rolf | 04:18 | 14:24:00 |
| 103 | Huber Marcel | 04:05 | 14:27:00 | 15 | Knill Josef | 04:37 | 14:20:00 |
| 512 | Huber Michael | 03:28 | 14:35:00 | 12 F | Knill Leonie | 05:55 | 14:03:00 |
| 426 | Huber Raphael | 04:18 | 14:24:00 | 14 F | Knill Monika | 05:28 | 14:09:00 |
| 370 | Huber Remo | 04:09 | 14:26:00 | 341 F | Knup Christina | 04:32 | 14:21:00 |
| 425 F | Huber Svenja | 04:51 | 14:17:00 | 132 | Kobler Florian | 03:28 | 14:35:00 |
| 702 | Hubmann Martin | 03:09 | 14:39:00 | 571 F | Kocherhans Madeleine | 05:05 | 14:14:00 |
| 784 | Hübner Jan | 04:42 | 14:19:00 | | | | |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|------------------------------|---------|-----------|-------|----------------------|---------|-----------|
| 157 | Kölbener Thomas | 04:55 | 14:16:00 | 216 F | Lüchinger Margot | 05:09 | 14:13:00 |
| 54 | Koller Daniel | 04:18 | 14:24:00 | 381 | Lumpp Matthias | 03:46 | 14:31:00 |
| 146 F | Koller Esther | 05:18 | 14:11:00 | 624 | Lüscher Damian | 03:46 | 14:31:00 |
| 162 | Koller Josef | 03:42 | 14:32:00 | 790 | Lüthi Thomas | 04:37 | 14:20:00 |
| 176 | Koller Martin | 04:55 | 14:16:00 | 66 F | Mäder Fany | 05:00 | 14:15:00 |
| 55 F | Koller Simone | 06:09 | 14:00:00 | 30 | Maier Markus | 05:23 | 14:10:00 |
| 130 | Koller Stefan | 03:51 | 14:30:00 | 75 F | Manser Silvia | 04:09 | 14:26:00 |
| 531 | Krähemann Edwin | 04:42 | 14:19:00 | 458 | Marinic Alex | 04:23 | 14:23:00 |
| 560 | Krättli Andi | 04:32 | 14:21:00 | 645 | Marinic Peter | 05:28 | 14:09:00 |
| 491 F | Kreis Claudia | 04:55 | 14:16:00 | 184 | Marti Hansruedi | 04:42 | 14:19:00 |
| 33 F | Kreisherr Nina | 04:05 | 14:27:00 | 779 | Mauriello Marc | 04:51 | 14:17:00 |
| 778 | Kremmel Harald | 05:09 | 14:13:00 | 60 | Maute Rolf | 04:18 | 14:24:00 |
| 406 F | Krumme Sabine | 05:09 | 14:13:00 | 713 F | Mazukelyte Rita | 04:46 | 14:18:00 |
| 470 | Krüse Markus | 04:23 | 14:23:00 | 291 | Meienberger Erich | 04:23 | 14:23:00 |
| 686 F | Krüse Natascha | 05:37 | 14:07:00 | 617 | Meier Domenik | 04:09 | 14:26:00 |
| 724 | Krüse Thomas | 04:00 | 14:28:00 | 451 F | Meier Mirjam | 05:32 | 14:08:00 |
| 515 F | Krüsi Claudia | 05:00 | 14:15:00 | 450 | Meier Urs | 04:28 | 14:22:00 |
| 630 | Krüsi Daniel | 03:37 | 14:33:00 | 433 | Meile Adrian | 03:51 | 14:30:00 |
| 449 | Krüsi Roman | 04:23 | 14:23:00 | 609 | Meile Oskar | 06:09 | 14:00:00 |
| 99 F | Krüsi Ursula | 05:23 | 14:10:00 | 667 | Merk Erwin | 04:23 | 14:23:00 |
| 368 | Kugler Reto | 04:14 | 14:25:00 | 610 | Merkle Othmar | 04:00 | 14:28:00 |
| 29 | Kuhn Peter | 03:55 | 14:29:00 | 785 F | Messerli Heidi | 05:18 | 14:11:00 |
| 279 F | Kuhn Steffi | 04:37 | 14:20:00 | 731 | Mettler Anica | 04:28 | 14:22:00 |
| 550 | Kühne Marco | 04:05 | 14:27:00 | 551 | Mettler Bruno | 03:46 | 14:31:00 |
| 300 | Kumli Martin | 04:23 | 14:23:00 | 558 | Mettler Martin | 03:32 | 14:34:00 |
| 509 | Kummer Fredi | 03:51 | 14:30:00 | 712 | Metzler Heinz | 04:51 | 14:17:00 |
| 153 | Küng Hannes | 04:09 | 14:26:00 | 485 | Monego Enrico | 03:42 | 14:32:00 |
| 156 | Küng Robert | 05:00 | 14:15:00 | 723 F | Monstein-Kunz Ariane | 05:23 | 14:10:00 |
| 710 | Kunz Cyrill | 03:55 | 14:29:00 | 655 F | Moser Alexa | 05:14 | 14:12:00 |
| 144 F | Künzle Anita | 05:18 | 14:11:00 | 722 | Moser Heinz | 04:32 | 14:21:00 |
| 565 F | Künzle Erika | 05:32 | 14:08:00 | 375 | Moser Martin | 04:32 | 14:21:00 |
| 564 | Künzle Hans | 04:14 | 14:25:00 | 635 | Mügglar Hans | 05:09 | 14:13:00 |
| 459 | Künzle Pius | 05:05 | 14:14:00 | 393 | Müller Adrian | 05:14 | 14:12:00 |
| 755 | Kuratli Hans | 03:55 | 14:29:00 | 200 F | Müller Berti | 05:00 | 14:15:00 |
| 73 | Kürsteiner Walter | 04:46 | 14:18:00 | 545 | Müller Christian | 04:18 | 14:24:00 |
| 197 | Kuster Erich | 03:32 | 14:34:00 | 623 | Müller Ewald | 05:00 | 14:15:00 |
| 553 | Lang Bruno | 04:32 | 14:21:00 | 199 | Müller Gebhard | 04:55 | 14:16:00 |
| 615 F | Lang Daniela | 05:09 | 14:13:00 | 31 | Müller Kurt | 04:28 | 14:22:00 |
| 167 | Lauener Andy | 03:46 | 14:31:00 | 294 | Müller Peter | 03:37 | 14:33:00 |
| 166 | Lauener Dario | 04:51 | 14:17:00 | 32 | Müller Peter | 05:00 | 14:15:00 |
| 777 F | Leal Anna | 05:32 | 14:08:00 | 495 | Müller Thomas | 03:55 | 14:29:00 |
| 205 | Leder Roman | 04:18 | 14:24:00 | 479 F | Mullis Petra | 05:09 | 14:13:00 |
| 80 | Leemann Martin | 03:14 | 14:38:00 | 726 | Nadlinger Jan | 04:18 | 14:24:00 |
| 225 F | Lehmann Irene | 05:14 | 14:12:00 | 682 F | Natter-Zeberli Lea | 04:55 | 14:16:00 |
| 437 | Lehmann Martin | 03:55 | 14:29:00 | 613 | Nef Andreas | 04:09 | 14:26:00 |
| 224 | Lehmann Nik | 04:00 | 14:28:00 | 230 | Nef Michael | 03:46 | 14:31:00 |
| 494 | Lehmann Walter | 03:37 | 14:33:00 | 612 | Nef Stephan | 04:05 | 14:27:00 |
| 438 F | Lehmann-Güntensperger Simone | 04:23 | 14:23:00 | 537 | Neff Emil | 04:51 | 14:17:00 |
| 446 F | Lehner Alexandra | 05:14 | 14:12:00 | 698 F | Neff Luzia | 04:37 | 14:20:00 |
| 447 | Lehner Roland | 05:23 | 14:10:00 | 764 | Neher Jacques | 04:55 | 14:16:00 |
| 319 F | Leu Astrid Michelle | 04:23 | 14:23:00 | 797 F | Nessensohn Irina | 05:42 | 14:06:00 |
| 588 | Leutwyler Andre | 04:14 | 14:25:00 | 125 | Neuhauser Ruedi | 04:37 | 14:20:00 |
| 497 F | Levi Priska | 05:18 | 14:11:00 | 530 | Niklaus Christof | 04:37 | 14:20:00 |
| 227 | Lichtsteiner Patric | 04:18 | 14:24:00 | 649 | Niklaus Heinz | 05:28 | 14:09:00 |
| 408 | Linder Karl | 05:05 | 14:14:00 | 650 | Niklaus Robin | 05:00 | 14:15:00 |
| 7 | Lioi Dino-Gerardo | 05:46 | 14:05:00 | 183 | Niklaus Sandro | 04:28 | 14:22:00 |
| 457 | Litscher Thomas | 05:28 | 14:09:00 | 222 F | Noack Andrea | 03:55 | 14:29:00 |
| 801 | Locher Urs | 05:23 | 14:10:00 | 223 | Noack Patrik | 03:42 | 14:32:00 |
| 683 | Looser Silvio | 04:18 | 14:24:00 | 333 F | Nufer Corina | 05:09 | 14:13:00 |
| 508 | Lüber Walter | 04:51 | 14:17:00 | 339 | Nufer Ralph | 05:55 | 14:03:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|-----------------------|---------|-----------|-------|----------------------|---------|-----------|
| 769 | Nünlist Jason | 06:14 | 13:59:00 | 65 | Ricklin Peter | 03:46 | 14:31:00 |
| 770 | Nünlist Marcel | 04:51 | 14:17:00 | 605 | Riebli Patrik | 04:23 | 14:23:00 |
| 293 | Nyfelser Hans-Rudolf | 03:55 | 14:29:00 | 97 F | Righetti Jacqueline | 05:28 | 14:09:00 |
| 439 | Nyffeler Richard | 04:23 | 14:23:00 | 521 | Risi Andrin | 04:37 | 14:20:00 |
| 452 F | Oberhänsli Denise | 04:32 | 14:21:00 | 680 F | Rodel Nina | 04:42 | 14:19:00 |
| 453 | Oberhänsli Fabian | 03:46 | 14:31:00 | 720 | Rohner Andy | 04:32 | 14:21:00 |
| 454 | Oberhänsli Urs | 04:46 | 14:18:00 | 652 | Rohner Martin | 04:05 | 14:27:00 |
| 639 | Öcal Yusuf | 06:05 | 14:01:00 | 272 F | Rohner Miriam | 04:23 | 14:23:00 |
| 35 | Oertig Karl | 03:37 | 14:33:00 | 401 | Rohner Rico | 04:09 | 14:26:00 |
| 36 F | Oertig Oriana | 04:09 | 14:26:00 | 123 | Rohner Ruedi | 04:14 | 14:25:00 |
| 90 | Oettli Cyril | 04:42 | 14:19:00 | 283 | Rölli Gregor | 03:46 | 14:31:00 |
| 445 | Olbrecht León | 05:18 | 14:11:00 | 666 | Rolli Patrick | 05:23 | 14:10:00 |
| 444 F | Olbrecht Luana | 05:55 | 14:03:00 | 480 F | Rösli Johanna | 06:00 | 14:02:00 |
| 34 | Olbrecht Urs | 04:28 | 14:22:00 | 232 | Rossi Ingo | 04:42 | 14:19:00 |
| 250 | Oppikofer Hans | 04:23 | 14:23:00 | 328 | Roth Christoph | 04:18 | 14:24:00 |
| 492 | Oppitz Lothar | 04:05 | 14:27:00 | 487 F | Roth Claudine | 06:00 | 14:02:00 |
| 725 | Opprecht Urs | 04:42 | 14:19:00 | 304 | Rothe Daniel | 05:09 | 14:13:00 |
| 70 | Osterwalder Norbert | 03:46 | 14:31:00 | 544 | Rozza Louis | 06:23 | 13:57:00 |
| 658 | Ottiger Sven | 04:23 | 14:23:00 | 661 F | Ruckstuhl Marianne | 04:23 | 14:23:00 |
| 812 | Paganini Noah | 04:46 | 14:18:00 | 504 F | Rüegg Tina | 04:42 | 14:19:00 |
| 138 | Paradisi Andreas | 05:00 | 14:15:00 | 277 | Rüesch Matthias | 03:32 | 14:34:00 |
| 561 | Pauli Kurt | 05:14 | 14:12:00 | 575 F | Ruf Monika | 05:37 | 14:07:00 |
| 574 | Pauli Sam | 05:28 | 14:09:00 | 611 | Ruf Sandro | 04:09 | 14:26:00 |
| 302 | Perez Javier | 04:23 | 14:23:00 | 402 | Rupp Markus | 05:00 | 14:15:00 |
| 313 | Pernisch Simon | 04:23 | 14:23:00 | 803 | Rusch Emil | 05:28 | 14:09:00 |
| 738 | Peter Marcel | 04:32 | 14:21:00 | 548 | Rüsi Patrick | 04:42 | 14:19:00 |
| 582 F | Petzold Nicole | 04:55 | 14:16:00 | 369 F | Rüthemann Miriam | 05:14 | 14:12:00 |
| 519 | Pfiffner Albert | 04:28 | 14:22:00 | 96 | Rutishauser Matthias | 03:23 | 14:36:00 |
| 354 | Pfiffner Thomas | 03:32 | 14:34:00 | 343 F | Rüttimann Kimsey | 05:37 | 14:07:00 |
| 37 | Pfister Fredy | 03:32 | 14:34:00 | 121 | Rutz Jack | 04:23 | 14:23:00 |
| 317 | Piasente Markus | 04:32 | 14:21:00 | 122 F | Rutz Lydia | 06:18 | 13:58:00 |
| 543 | Piccolo Antonio | 03:32 | 14:34:00 | 152 F | Rutz Marion | 05:18 | 14:11:00 |
| 374 | Pinelli Enzo | 03:23 | 14:36:00 | 151 F | Rutz Miranda | 05:09 | 14:13:00 |
| 234 F | Poller Bea | 04:37 | 14:20:00 | 589 | Rutz Peter | 05:32 | 14:08:00 |
| 385 | Poller Jan | 04:46 | 14:18:00 | 814 F | Rytz Susanne | 05:00 | 14:15:00 |
| 411 | Popp Justus | 03:32 | 14:34:00 | 767 | Sadiki Burim | 05:28 | 14:09:00 |
| 382 | Pretterkieber Ruppert | 04:46 | 14:18:00 | 636 F | Sägesser Sandra | 04:14 | 14:25:00 |
| 360 | Püntener Kaspar | 04:05 | 14:27:00 | 516 F | Salanitri Christina | 03:55 | 14:29:00 |
| 206 | Pustiasi Andreas | 04:00 | 14:28:00 | 344 F | Salwender Beate | 05:32 | 14:08:00 |
| 403 | Rabazo Julio | 04:42 | 14:19:00 | 345 | Salwender Thomas | 04:09 | 14:26:00 |
| 435 | Ramseyer Stephan | 03:55 | 14:29:00 | 217 | Santinelli Luca | 04:18 | 14:24:00 |
| 556 | Rast Reto | 05:00 | 14:15:00 | 460 | Sauter Markus | 03:37 | 14:33:00 |
| 526 | Rauber Marcel | 03:46 | 14:31:00 | 478 F | Sauter Tatjana | 05:09 | 14:13:00 |
| 228 F | Rechsteiner Sandra | 04:00 | 14:28:00 | 391 | Schachtler Mägie | 05:42 | 14:06:00 |
| 297 F | Reich Karin | 05:09 | 14:13:00 | 642 | Schädler Herbert | 04:23 | 14:23:00 |
| 567 | Reichel Thomas | 03:51 | 14:30:00 | 329 | Schäfer Walti | 04:18 | 14:24:00 |
| 646 | Reichert Markus | 04:00 | 14:28:00 | 314 | Schaible Renato | 05:09 | 14:13:00 |
| 697 | Reifler Christoph | 03:46 | 14:31:00 | 728 F | Schaltegger Margrit | 04:42 | 14:19:00 |
| 196 F | Reinhart Heidi | 04:14 | 14:25:00 | 602 | Schanzenbach Philip | 05:28 | 14:09:00 |
| 638 F | Reiser Marianne | 05:14 | 14:12:00 | 594 | Schär Christoph | 04:28 | 14:22:00 |
| 72 | Reisser Wolfgang | 04:51 | 14:17:00 | 705 | Schär Pascal | 04:28 | 14:22:00 |
| 709 | Reithofer Franz | 05:37 | 14:07:00 | 38 F | Schätzle Heidi | 05:05 | 14:14:00 |
| 741 | Rennhard Thomas | 05:18 | 14:11:00 | 39 | Schätzle Torsten | 05:14 | 14:12:00 |
| 356 | Rentzmann Cornel | 03:42 | 14:32:00 | 267 | Schefer Christoph | 03:09 | 14:39:00 |
| 292 | Rentzmann Pascal | 03:37 | 14:33:00 | 257 | Schefer Hanspeter | 04:05 | 14:27:00 |
| 800 | Richle Stefan | 03:23 | 14:36:00 | 398 | Schefer Reto | 04:18 | 14:24:00 |
| 466 F | Rickenbach Evelynne | 05:23 | 14:10:00 | 93 | Scheiwiller Adrian | 04:14 | 14:25:00 |
| 83 F | Ricklin Nadia | 04:55 | 14:16:00 | 40 | Scheiwiller Karl | 04:14 | 14:25:00 |
| 84 F | Ricklin Nicole | 04:05 | 14:27:00 | 488 | Schellenbaum Michael | 04:42 | 14:19:00 |
| 85 | Ricklin Paul | 04:09 | 14:26:00 | 465 | Schenk Daniel | 04:42 | 14:19:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-----|-------------------------|---------|-----------|-----|------------------------|---------|-----------|
| 428 | F Schenk Debby | 05:09 | 14:13:00 | 675 | F Sprenger Isabelle | 04:46 | 14:18:00 |
| 363 | Schenk Felix | 03:23 | 14:36:00 | 776 | F Sprenger Sandra | 04:32 | 14:21:00 |
| 415 | F Schenk Monika | 04:46 | 14:18:00 | 88 | Stacher Kurt | 04:42 | 14:19:00 |
| 429 | F Schenk Shelly | 04:42 | 14:19:00 | 308 | Stacher Reto | 04:23 | 14:23:00 |
| 590 | Schenkel Flurin | 04:00 | 14:28:00 | 681 | Stacher Robin | 04:46 | 14:18:00 |
| 95 | Scherb Jannik | 05:23 | 14:10:00 | 752 | Stäheli Jörg | 03:42 | 14:32:00 |
| 94 | Scherb Walter | 05:00 | 14:15:00 | 263 | F Stäheli Judith | 04:37 | 14:20:00 |
| 163 | Schibler Christian | 04:55 | 14:16:00 | 389 | Stäheli Peter | 04:37 | 14:20:00 |
| 323 | Schilter René | 04:37 | 14:20:00 | 273 | Stark Jakob | 04:42 | 14:19:00 |
| 788 | Schlittler Hans-Peter | 05:28 | 14:09:00 | 641 | F Staub Yvonne | 05:05 | 14:14:00 |
| 2 | Schmid Christian | 03:42 | 14:32:00 | 383 | F Stäubli Sandra | 04:28 | 14:22:00 |
| 77 | Schmid Erik | 04:37 | 14:20:00 | 436 | Staubli Willi | 04:18 | 14:24:00 |
| 794 | F Schmid Luzia | 03:37 | 14:33:00 | 361 | Steiger Bruno | 04:18 | 14:24:00 |
| 511 | Schmid Markus | 03:46 | 14:31:00 | 110 | Steinbeck Erich | 05:18 | 14:11:00 |
| 772 | Schmidli Daniel | 06:14 | 13:59:00 | 679 | Steinemann Roland | 05:00 | 14:15:00 |
| 16 | Schmuki Bernhard | 04:28 | 14:22:00 | 510 | Steinemann Urs | 04:23 | 14:23:00 |
| 586 | Schmutz Godi | 04:09 | 14:26:00 | 58 | F Steiner Claudia | 05:05 | 14:14:00 |
| 310 | Schnecker Robert | 04:23 | 14:23:00 | 721 | Steiner Dario | 04:42 | 14:19:00 |
| 47 | Schneider Arno | 03:32 | 14:34:00 | 735 | Steiner Lukas | 04:05 | 14:27:00 |
| 392 | Schneider Roman | 04:09 | 14:26:00 | 734 | F Steiner Sara | 04:51 | 14:17:00 |
| 711 | Schneiter Bruno | 05:28 | 14:09:00 | 400 | Steiner Silvan | 04:23 | 14:23:00 |
| 86 | F Schnellmann Beatrice | 04:42 | 14:19:00 | 774 | Steiner Thomas | 05:05 | 14:14:00 |
| 41 | F Schnider Gertrud | 05:32 | 14:08:00 | 359 | Steingruber Hugo | 03:51 | 14:30:00 |
| 307 | Schöbi Ruedi | 04:32 | 14:21:00 | 484 | Stendardo Alfredo | 06:09 | 14:00:00 |
| 112 | Schoch Hansjörg | 04:09 | 14:26:00 | 119 | Stern Christian | 04:37 | 14:20:00 |
| 321 | Schoch Oliver | 04:32 | 14:21:00 | 1 | Stern Felix | 03:46 | 14:31:00 |
| 349 | Schönenberger Bruno | 04:32 | 14:21:00 | 396 | Steuble Roman | 04:09 | 14:26:00 |
| 807 | Schönenberger Matthias | 03:32 | 14:34:00 | 707 | Stibi Reto | 04:09 | 14:26:00 |
| 260 | Schönenberger Walter | 04:55 | 14:16:00 | 520 | Stillhard Armin | 04:51 | 14:17:00 |
| 98 | Schönholzer René | 04:14 | 14:25:00 | 637 | F Stölzle Sabine | 04:37 | 14:20:00 |
| 737 | Schönholzer René | 04:09 | 14:26:00 | 100 | Straumann Urs | 03:42 | 14:32:00 |
| 673 | Schönholzer Roland | 04:00 | 14:28:00 | 810 | Streuli Oliver | 04:09 | 14:26:00 |
| 296 | Schuchter Philipp | 05:14 | 14:12:00 | 327 | Strub Hans | 05:09 | 14:13:00 |
| 799 | Schudel Pascal | 03:37 | 14:33:00 | 115 | Strübi Martin | 04:32 | 14:21:00 |
| 464 | Schuler Markus | 04:46 | 14:18:00 | 753 | F Studer Cornelia | 04:14 | 14:25:00 |
| 168 | Schulz Rolf | 03:51 | 14:30:00 | 625 | Studer Matthias | 04:37 | 14:20:00 |
| 191 | Schwager Hugo | 04:23 | 14:23:00 | 486 | Studerus Peter | 05:09 | 14:13:00 |
| 42 | Schwarz Jörg | 04:14 | 14:25:00 | 762 | Stump Beat | 04:23 | 14:23:00 |
| 220 | F Schwarz Karin | 04:42 | 14:19:00 | 514 | Stump Christian | 03:55 | 14:29:00 |
| 309 | F Schwarz Manuela | 04:32 | 14:21:00 | 202 | Sturzenegger Christoph | 04:55 | 14:16:00 |
| 386 | Schwarz Marc | 03:28 | 14:35:00 | 733 | Stutz Kurt | 06:14 | 13:59:00 |
| 221 | Schwarz Martin | 04:42 | 14:19:00 | 169 | Stutz Marcel | 05:09 | 14:13:00 |
| 79 | Schwarzwälder Christian | 03:55 | 14:29:00 | 143 | Süess Stefan | 03:37 | 14:33:00 |
| 133 | F Schweiss Franziska | 05:09 | 14:13:00 | 384 | Sumi Arthur | 05:18 | 14:11:00 |
| 235 | Segerer Markus | 03:55 | 14:29:00 | 442 | F Süssli Jacqueline | 05:23 | 14:10:00 |
| 430 | F Senn Claudia | 05:46 | 14:05:00 | 441 | Süssli Philipp | 03:32 | 14:34:00 |
| 490 | Senn Marco | 05:05 | 14:14:00 | 628 | Sutter César | 04:37 | 14:20:00 |
| 424 | Senn Rolf | 03:55 | 14:29:00 | 569 | F Sutter Elisabeth | 04:28 | 14:22:00 |
| 187 | F Sergi Anna | 06:18 | 13:58:00 | 414 | Taeuber Urs | 05:18 | 14:11:00 |
| 730 | Siegwart Werner | 05:23 | 14:10:00 | 663 | F Tanner Daniela | 04:28 | 14:22:00 |
| 640 | Signer René | 04:23 | 14:23:00 | 483 | Tempesta Luca | 05:09 | 14:13:00 |
| 324 | Snippe Ricky | 04:00 | 14:28:00 | 476 | Terzer Patrik | 03:32 | 14:34:00 |
| 201 | Sonderegger Reto | 04:18 | 14:24:00 | 535 | F Thaddey Edith | 05:00 | 14:15:00 |
| 243 | Spagolla Adrian | 04:18 | 14:24:00 | 689 | Thalmann Max | 04:05 | 14:27:00 |
| 150 | Spahn Erich | 04:23 | 14:23:00 | 654 | Thalmann Theo | 04:37 | 14:20:00 |
| 63 | Spengler Kurt | 04:14 | 14:25:00 | 608 | F Theler Marion | 05:09 | 14:13:00 |
| 500 | F Spielmann Isabel | 05:09 | 14:13:00 | 104 | Thoma Kevin | 04:00 | 14:28:00 |
| 517 | Spielmann Jürg | 04:18 | 14:24:00 | 105 | Thoma Marcel | 03:55 | 14:29:00 |
| 215 | Spohn Tschösi | 04:00 | 14:28:00 | 69 | Thommen Roland | 05:18 | 14:11:00 |
| 634 | Spörri Roland | 04:05 | 14:27:00 | 595 | Thürlemann Karl | 06:00 | 14:02:00 |

| NrK | Name | Schnitt | Startzeit | NrK | Name | Schnitt | Startzeit |
|-------|----------------------|---------|-----------|-------|-----------------------|---------|-----------|
| 266 | Tobler Heinz | 04:14 | 14:25:00 | 665 | Witt Timo | 04:09 | 14:26:00 |
| 557 | Torre Leonardo | 04:32 | 14:21:00 | 245 F | Wittwer Yvonne | 05:32 | 14:08:00 |
| 367 | Traber Urs | 03:51 | 14:30:00 | 534 | Wolfer Hansruedi | 04:05 | 14:27:00 |
| 43 | Trunz Toni | 04:32 | 14:21:00 | 631 F | Wüst Denise | 04:32 | 14:21:00 |
| 165 | Trütsch Hanspeter | 05:14 | 14:12:00 | 653 F | Wyss Daniela | 04:42 | 14:19:00 |
| 365 | Trütsch Manfred | 04:42 | 14:19:00 | 45 F | Wyss Elisabeth (Lisa) | 04:18 | 14:24:00 |
| 607 F | Tschann Vreni | 04:51 | 14:17:00 | 413 | Zähner Peter | 04:32 | 14:21:00 |
| 591 F | Tschäppeler Doris | 04:28 | 14:22:00 | 173 F | Zangarini Laura | 04:51 | 14:17:00 |
| 761 | Uebersax Dan | 03:28 | 14:35:00 | 161 F | Zbinden Karin | 04:55 | 14:16:00 |
| 404 | Untersander Hans | 04:55 | 14:16:00 | 662 | Zbinden Markus | 04:23 | 14:23:00 |
| 489 F | Valier Anja | 04:09 | 14:26:00 | 759 | Zbinden Tobias | 03:46 | 14:31:00 |
| 395 F | verbruggen Elfride | 05:32 | 14:08:00 | 700 F | Zehentmayer Sabrina | 04:51 | 14:17:00 |
| 231 | Vetsch Christian | 05:05 | 14:14:00 | 688 | Zehnder Marc | 04:51 | 14:17:00 |
| 239 F | Vetsch Regula | 05:37 | 14:07:00 | 362 | Zehnder Thomas | 04:00 | 14:28:00 |
| 587 | Vogel Alex | 04:46 | 14:18:00 | 315 F | Zellweger Susanne | 05:09 | 14:13:00 |
| 660 | Vogel Hans | 04:09 | 14:26:00 | 620 | Zerndt Thomas | 05:42 | 14:06:00 |
| 91 | Vögeli Thomas | 04:28 | 14:22:00 | 237 | Zgela Beni | 05:23 | 14:10:00 |
| 632 F | von Mandach Annette | 04:32 | 14:21:00 | 670 | Ziegler Michael | 04:09 | 14:26:00 |
| 732 | Wäfler Peter | 05:09 | 14:13:00 | 748 F | Zingg Erika | 05:09 | 14:13:00 |
| 298 F | Wäger Barbara | 05:51 | 14:04:00 | 468 | Zobrist Felix | 04:09 | 14:26:00 |
| 440 | Wagner Walter | 04:28 | 14:22:00 | 524 F | Zoller Nina | 03:37 | 14:33:00 |
| 715 | Walser Andreas | 03:51 | 14:30:00 | 627 F | Zuber Helen | 04:37 | 14:20:00 |
| 659 F | Walser Davina | 05:51 | 14:04:00 | 718 | Zuber Martin | 05:28 | 14:09:00 |
| 751 | Walser Emil | 05:09 | 14:13:00 | 629 | Zuber Ralf | 04:42 | 14:19:00 |
| 576 | Walser Mathias | 04:18 | 14:24:00 | 502 | Zürcher Jörg | 03:55 | 14:29:00 |
| 577 F | Walser Rahel | 04:32 | 14:21:00 | 141 | Zürcher Urs | 04:42 | 14:19:00 |
| 240 F | Walter Heidi | 04:32 | 14:21:00 | 405 | Zutt Martin | 04:55 | 14:16:00 |
| 44 | Walther Michael | 04:32 | 14:21:00 | 469 | Zweifel Max | 04:23 | 14:23:00 |
| 633 | Weber André | 03:37 | 14:33:00 | 107 F | Zwick Marion | 04:28 | 14:22:00 |
| 518 | Weber Roland | 04:18 | 14:24:00 | 106 | Zwick Richard | 03:51 | 14:30:00 |
| 128 F | Weber Sabrina | 06:28 | 13:56:00 | 417 | Zwicker Peter | 04:09 | 14:26:00 |
| 129 | Weber Tobias | 04:00 | 14:28:00 | 513 F | Zwicker Selinda | 04:23 | 14:23:00 |
| 214 | Wehrle Stefan | 04:37 | 14:20:00 | | | | |
| 781 | Weibel Hans | 06:09 | 14:00:00 | | | | |
| 760 | Weibel Marcel | 04:14 | 14:25:00 | | | | |
| 218 | Weiler Christoph | 05:05 | 14:14:00 | | | | |
| 149 | Weishaupt Guido | 04:37 | 14:20:00 | | | | |
| 136 | Weishaupt Marcel | 03:51 | 14:30:00 | | | | |
| 656 F | Weiss Dolores | 05:55 | 14:03:00 | | | | |
| 170 | Weiss Richard | 03:37 | 14:33:00 | | | | |
| 657 | Weiss Roger | 04:42 | 14:19:00 | | | | |
| 145 F | Weissmann Brigitte | 04:46 | 14:18:00 | | | | |
| 285 F | Weller Ina | 04:46 | 14:18:00 | | | | |
| 691 | Wenk Martin | 04:46 | 14:18:00 | | | | |
| 692 F | Wenk Susanne | 04:46 | 14:18:00 | | | | |
| 342 F | Wettenschwiler Helen | 04:42 | 14:19:00 | | | | |
| 802 | Wetter Bruno | 04:32 | 14:21:00 | | | | |
| 749 | Wick Alois | 04:09 | 14:26:00 | | | | |
| 154 | Widmer Beat | 03:28 | 14:35:00 | | | | |
| 804 | Wiederkehr Beat | 04:55 | 14:16:00 | | | | |
| 416 | Wiederkehr Erwin | 04:09 | 14:26:00 | | | | |
| 180 F | Wiegandt Monja | 06:28 | 13:56:00 | | | | |
| 674 F | Wiegandt Saskia | 06:05 | 14:01:00 | | | | |
| 505 F | Wiget Rita | 05:00 | 14:15:00 | | | | |
| 616 F | Wild Irene | 05:32 | 14:08:00 | | | | |
| 120 | Willaert Tom | 03:32 | 14:34:00 | | | | |
| 286 F | Windlin Monika | 04:14 | 14:25:00 | | | | |
| 318 | Winiger Roland | 03:55 | 14:29:00 | | | | |
| 311 | Wipf Ruedi | 04:14 | 14:25:00 | | | | |
| 685 | Wirth Fredy | 04:18 | 14:24:00 | | | | |