

(44) 10 km Männer M30

| Rang | Name und Vorname | Jg | Land Ort | Team | Zeit | Abstand | Stnr |
|------|-----------------------|------|-------------------|----------------------|---------|---------|------|
| 1. | Wegmann Sandro | 1982 | Zürich | | 35.31,1 | ----- | 4001 |
| 2. | Steinbacher Christoph | 1987 | Wattwil | | 36.56,9 | 1.25,8 | 4042 |
| 3. | Kühne Clemens | 1984 | Märstetten | | 38.16,0 | 2.44,9 | 4021 |
| 4. | Stutz Roman | 1980 | Wittnau | MR WITTNAU | 38.49,7 | 3.18,6 | 5771 |
| 5. | Walser Stephan | 1984 | Walenstadt | SaxaSport | 38.57,7 | 3.26,6 | 4015 |
| 6. | Luchsinger Fridolin | 1984 | Glarus | LAV Glarus | 40.18,4 | 4.47,3 | 5903 |
| 7. | Kraner Dominik | 1982 | St. Gallen | | 40.19,7 | 4.48,6 | 5904 |
| 8. | Fuchs Patrice | 1987 | Engelburg | | 40.22,2 | 4.51,1 | 4071 |
| 9. | Stillhart Simon | 1984 | Lütisburg Station | | 40.27,0 | 4.55,9 | 4100 |
| 10. | Eugster Samuel | 1978 | St. Gallen | | 40.57,1 | 5.26,0 | 4070 |
| 11. | Züllig Reto | 1986 | Walenstadt | Molser Frösch | 40.59,4 | 5.28,3 | 4133 |
| 12. | Pfister Michael | 1979 | St. Gallen | | 42.03,3 | 6.32,2 | 4038 |
| 13. | Imboden André | 1982 | Oberbüren | | 42.05,1 | 6.34,0 | 4143 |
| 14. | Eggenberger Lukas | 1980 | Gossau SG | update fitness | 43.00,7 | 7.29,6 | 4191 |
| 15. | Vonarburg Silvan | 1978 | Bischofszell | | 43.21,0 | 7.49,9 | 4105 |
| 16. | Peter Claudio | 1982 | Engelburg | | 43.25,7 | 7.54,6 | 4024 |
| 17. | Hautle Thomas | 1980 | St. Gallen | | 43.33,4 | 8.02,3 | 4034 |
| 18. | Städler Simon | 1983 | St. Gallen | | 43.33,8 | 8.02,7 | 4103 |
| 19. | Gahler Thomas | 1979 | Herisau | | 43.43,6 | 8.12,5 | 5929 |
| 20. | Barbüda Andrin | 1985 | St. Gallen | Tri Club Bodensee | 43.57,9 | 8.26,8 | 5894 |
| 21. | Kammerer Gerry | 1985 | Haag (Rheintal) | | 43.58,5 | 8.27,4 | 4109 |
| 22. | Streule Marcel | 1980 | Flawil | | 44.01,3 | 8.30,2 | 6455 |
| 23. | Bruhin Marco | 1981 | Arnegg | Tri Team Sangallier | 44.02,3 | 8.31,2 | 4065 |
| 24. | Frick Christian | 1985 | Winterthur | | 44.18,1 | 8.47,0 | 4012 |
| 25. | Orsos Gabor | 1985 | St. Gallen | | 44.29,2 | 8.58,1 | 6494 |
| 26. | Ulmann Daniel | 1978 | Berneck | | 44.50,4 | 9.19,3 | 4058 |
| 27. | Breuss Oliver | 1983 | A-Nofels | Migros | 44.59,3 | 9.28,2 | 4119 |
| 28. | Stillhart Michael | 1984 | Gähwil | | 45.12,0 | 9.40,9 | 4099 |
| 29. | Hasler Reto | 1980 | Rorschacherberg | | 45.15,9 | 9.44,8 | 622 |
| 30. | Casutt Magnus | 1981 | St. Gallen | | 45.18,3 | 9.47,2 | 5774 |
| 31. | Barton Paul | 1978 | St. Gallen | | 45.23,8 | 9.52,7 | 6343 |
| 32. | Niedermann Reto | 1984 | St. Gallen | Update | 45.35,0 | 10.03,9 | 4243 |
| 33. | Frei Köbi | 1985 | Waldstatt | | 45.36,7 | 10.05,6 | 5804 |
| 34. | Lendi Pius | 1986 | Mols | Molser Frösch | 45.44,2 | 10.13,1 | 4112 |
| 35. | Naumann Oliver | 1979 | St. Gallen | | 45.44,4 | 10.13,3 | 4047 |
| 36. | Wagner Roman | 1984 | St. Gallen | | 45.46,0 | 10.14,9 | 4289 |
| 37. | Ebnetter Christian | 1979 | Bazenheid | | 45.48,2 | 10.17,1 | 5378 |
| 38. | Trenning Michiel | 1983 | NL-Utrecht | | 45.51,7 | 10.20,6 | 5941 |
| 39. | Peter Marco | 1978 | Abtwil SG | | 45.57,7 | 10.26,6 | 4247 |
| 40. | Benvenuto Francesco | 1983 | Solothurn | Laufgruppe Solothurn | 46.03,1 | 10.32,0 | 4171 |
| 41. | Kehr Christian | 1986 | Zürich | | 46.03,5 | 10.32,4 | 5925 |
| 42. | Lenherr Simon | 1987 | Gais | | 46.04,4 | 10.33,3 | 6349 |
| 43. | Bertsch Jonas | 1981 | Winterthur | | 46.09,9 | 10.38,8 | 4312 |
| 44. | Oswald Martin | 1980 | St. Gallen | | 46.21,4 | 10.50,3 | 5937 |
| 44. | Rey Tobias | 1983 | St. Gallen | | 46.21,4 | 10.50,3 | 4252 |
| 46. | Jaggi Thomas | 1986 | St. Gallen | | 46.43,5 | 11.12,4 | 4054 |
| 47. | Bühler Raphael | 1986 | St. Gallen | | 46.48,8 | 11.17,7 | 4068 |
| 48. | Wilda Markus | 1978 | Winterthur | | 47.02,1 | 11.31,0 | 6244 |
| 49. | Menzi Roger | 1985 | Waldstatt | TV Herisau | 47.06,1 | 11.35,0 | 4891 |
| 50. | Haag Tobias | 1978 | Abtwil SG | | 47.07,0 | 11.35,9 | 4205 |
| 51. | Beyeler Marc | 1983 | Bern | | 47.08,5 | 11.37,4 | 6394 |
| 52. | Stauffer Pascal | 1986 | Uzwil | | 47.16,5 | 11.45,4 | 4499 |
| 53. | Kamer Andreas | 1983 | Berikon | | 47.25,2 | 11.54,1 | 5779 |
| 54. | Rothmund Timo | 1980 | Bühler | Migros | 47.25,4 | 11.54,3 | 4535 |
| 55. | Jordan Bruno | 1978 | Sirnach | | 47.30,4 | 11.59,3 | 6220 |
| 56. | Koller Manuel | 1981 | Wil SG | Velotheke Kalag | 47.58,2 | 12.27,1 | 4045 |
| 57. | Diethelm Daniel | 1980 | Goldach | | 48.04,2 | 12.33,1 | 4069 |
| 58. | Zwicker Martin | 1983 | Horn | | 48.17,5 | 12.46,4 | 4300 |
| 59. | Niederer Daniel | 1984 | Wolfhalden | Floorball Heiden | 48.19,1 | 12.48,0 | 4242 |
| 60. | Koller Andreas | 1982 | St. Margrethen SG | Wagner Sportclub | 48.28,3 | 12.57,2 | 4110 |
| 61. | Büchel Roman | 1984 | Chur | | 48.30,0 | 12.58,9 | 4066 |

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| Rang | Name und Vorname | Jg | Land Ort | Team | Zeit | Abstand | Stnr |
|------|-----------------------------|------|------------------|---------------------------------|---------|---------|------|
| 62. | Zahner Roman | 1984 | Kaltbrunn | | 48.31,2 | 13.00,1 | 6245 |
| 63. | Pfister Roman | 1978 | Engelburg | | 48.32,0 | 13.00,9 | 4087 |
| 64. | Keller Jonas | 1985 | Winterthur | | 48.41,2 | 13.10,1 | 6223 |
| 65. | Broger Remo | 1987 | Haslen AI | TV Haslen | 48.43,1 | 13.12,0 | 4064 |
| 66. | Cass Richard | 1982 | GB-Manchester | | 48.46,6 | 13.15,5 | 5908 |
| 67. | Zingg Nino | 1983 | Triboltingen | | 48.46,9 | 13.15,8 | 4297 |
| 68. | Angele Marco | 1985 | Wil SG | Wiler Sportfreunde | 48.49,3 | 13.18,2 | 6391 |
| 69. | Alder Matthias | 1987 | Soglio | | 48.51,9 | 13.20,8 | 6499 |
| 70. | Mischol Armon | 1984 | Kriens | | 49.01,6 | 13.30,5 | 4127 |
| 71. | Buehler Edgar | 1978 | Gossau SG | | 49.09,5 | 13.38,4 | 4708 |
| 72. | Volpez Yanick | 1987 | Bürglen TG | | 49.11,3 | 13.40,2 | 4288 |
| 73. | Betschart Erwin | 1982 | Niederglatt SG | | 49.24,0 | 13.52,9 | 4699 |
| 74. | Fiorentino Giovanni | 1982 | St. Gallen | | 49.29,9 | 13.58,8 | 5971 |
| 75. | Boban Pascal | 1979 | Speicherschwendi | | 49.32,7 | 14.01,6 | 4703 |
| 76. | Bäbler Marc | 1984 | Engi | | 49.34,8 | 14.03,7 | 4134 |
| 77. | Atilgan Cahit | 1982 | Winterthur | | 49.38,8 | 14.07,7 | 4372 |
| 78. | Segebarth Peter | 1982 | St. Gallen | | 49.46,0 | 14.14,9 | 4026 |
| 79. | Braun Oliver | 1983 | Gossau SG | | 49.51,4 | 14.20,3 | 4177 |
| 80. | Scherrer Roman | 1983 | Wallisellen | | 49.52,3 | 14.21,2 | 4262 |
| 81. | Villar Manuel | 1981 | St. Gallen | | 49.56,4 | 14.25,3 | 4155 |
| 82. | Kobler Michael | 1984 | St. Gallen | | 49.58,4 | 14.27,3 | 4228 |
| 83. | Heinimann Michael | 1978 | Andwil SG | | 50.05,7 | 14.34,6 | 4318 |
| 84. | Müller Michael | 1980 | Jenins | | 50.07,9 | 14.36,8 | 5935 |
| 85. | Kelemen Mathis | 1983 | Wittenbach | Team Erlenholz | 50.16,2 | 14.45,1 | 4437 |
| 86. | Vogel Michael | 1985 | Ossingen | | 50.21,5 | 14.50,4 | 5924 |
| 87. | Maggiorini Philipp | 1984 | Waldkirch | | 50.22,1 | 14.51,0 | 5934 |
| 88. | Streule Bruno | 1981 | Brülisau | Migros | 50.32,4 | 15.01,3 | 5758 |
| 89. | Valenti Francesco | 1987 | Andwil SG | | 50.43,9 | 15.12,8 | 5978 |
| 90. | Joss Simon | 1982 | Bern | Vegan Runners | 50.49,6 | 15.18,5 | 4222 |
| 91. | Borrajo Martinez Jesus Jose | 1982 | Bazenheid | | 50.56,7 | 15.25,6 | 6320 |
| 92. | Ulmann Michael | 1985 | St. Gallen | | 51.00,7 | 15.29,6 | 5036 |
| 93. | Scheibling Lars | 1984 | St. Gallen | St. Galler Badminton Bären | 51.01,0 | 15.29,9 | 4096 |
| 94. | Joos Roger | 1980 | St. Gallen | | 51.05,7 | 15.34,6 | 4144 |
| 95. | Grueebler Rafael | 1985 | Gossau SG | | 51.08,2 | 15.37,1 | 6506 |
| 96. | Stump Remo | 1981 | Münchwilen TG | | 51.09,3 | 15.38,2 | 6360 |
| 97. | Hotz Michael | 1981 | Tann | | 51.10,7 | 15.39,6 | 4215 |
| 98. | Walt Daniel | 1978 | Balgach | | 51.22,2 | 15.51,1 | 4290 |
| 99. | Kamac Onur | 1986 | Steckborn | Update Fitness Weinfeld Central | 51.36,8 | 16.05,7 | 4308 |
| 100. | Bayer Rüegg Christian | 1979 | Frauenfeld | | 51.38,0 | 16.06,9 | 4693 |
| 101. | Dirlewanger Marco | 1984 | Buchs SG | enggist medical fitness | 51.41,0 | 16.09,9 | 5984 |
| 102. | Schmid Adrian | 1985 | Abtwil SG | | 51.46,1 | 16.15,0 | 4977 |
| 103. | Egli Michael | 1979 | Herisau | | 51.47,9 | 16.16,8 | 4158 |
| 104. | Eberle Markus | 1980 | Abtwil SG | | 51.52,3 | 16.21,2 | 5928 |
| 105. | Müller Patrick | 1987 | Uster | | 51.53,2 | 16.22,1 | 4458 |
| 106. | Stiefel Michael | 1983 | St. Gallen | | 52.02,6 | 16.31,5 | 6486 |
| 107. | Gervasi Paolo | 1980 | Walzenhausen | Laufclub Gervasi | 52.03,6 | 16.32,5 | 1756 |
| 108. | Tauscher Sebastian | 1987 | Steinach | | 52.19,5 | 16.48,4 | 4503 |
| 109. | Bischof Andreas | 1980 | Tübach | | 52.24,3 | 16.53,2 | 6395 |
| 110. | Herrmann Oliver | 1986 | St. Gallen | | 52.27,9 | 16.56,8 | 5354 |
| 111. | Bär Samuel | 1986 | St. Gallen | | 52.34,1 | 17.03,0 | 4713 |
| 112. | Rempfler Daniel | 1982 | St. Gallen | | 52.35,6 | 17.04,5 | 5801 |
| 113. | Gomes Jose | 1978 | St. Gallen | | 52.40,1 | 17.09,0 | 4773 |
| 114. | Walter Michael | 1986 | Abtwil SG | | 52.44,5 | 17.13,4 | 4508 |
| 115. | Munis Junquera David | 1980 | Hauptwil | | 52.46,7 | 17.15,6 | 4902 |
| 115. | Spirig Adrian | 1982 | Diepoldsau | FC Diepoldsau-Schmitter | 52.46,7 | 17.15,6 | 4272 |
| 117. | Brabec Tucker | 1980 | Chéserey | | 52.58,3 | 17.27,2 | 5365 |
| 118. | Schläpfer Pascal | 1982 | St. Gallen | | 53.02,4 | 17.31,3 | 4488 |
| 119. | Allenspach Gregor | 1985 | Trin Mulin | | 53.12,0 | 17.40,9 | 4369 |
| 120. | Oppliger Hanspeter | 1985 | St. Gallen | | 53.25,0 | 17.53,9 | 4465 |
| 121. | Dechapong Dhanabordi | 1982 | Horn | | 53.25,8 | 17.54,7 | 4340 |
| 122. | Bösch Roland | 1985 | Flawil | | 53.29,0 | 17.57,9 | 4715 |

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| Rang | Name und Vorname | Jg | Land Ort | Team | Zeit | Abstand | Stnr |
|------|-----------------------------|------|--------------|--------------------------|---------|---------|------|
| 122. | Catschegn Daniel | 1985 | St. Gallen | | 53.29,0 | 17.57,9 | 4605 |
| 124. | Göldi Urs | 1985 | Balgach | | 53.46,9 | 18.15,8 | 5712 |
| 125. | Loher Romeo | 1978 | Montlingen | | 53.58,7 | 18.27,6 | 4451 |
| 126. | Kerschbaum Dominik | 1986 | St. Gallen | | 53.59,3 | 18.28,2 | 5791 |
| 127. | Frank Claude | 1980 | Güttingen | CUP-Team | 53.59,6 | 18.28,5 | 4404 |
| 128. | Fuchs Manuel | 1982 | St. Gallen | | 54.01,9 | 18.30,8 | 4760 |
| 129. | Erni Manuel | 1982 | Rehetobel | | 54.14,4 | 18.43,3 | 4746 |
| 130. | Volkwein Christoph Bernhard | 1986 | D-Konstanz | | 54.22,6 | 18.51,5 | 5672 |
| 131. | Huber Marco | 1987 | Gossau SG | | 54.23,1 | 18.52,0 | 4429 |
| 132. | Mock Niklaus | 1981 | Oberriet SG | BSC Eichenwies | 54.29,7 | 18.58,6 | 4457 |
| 133. | Näf Simon | 1980 | D-Zuzwil | | 54.30,3 | 18.59,2 | 5805 |
| 134. | Gschwend Urs | 1979 | Haslen AI | Seilziehclub Appenzell | 54.31,9 | 19.00,8 | 5630 |
| 135. | Stäheli Dominik | 1978 | Zuben | | 54.44,1 | 19.13,0 | 5025 |
| 136. | Russo Michael | 1987 | Zürich | | 54.49,6 | 19.18,5 | 4957 |
| 137. | Franco Nicola Enrico | 1985 | Frasnacht | | 54.50,1 | 19.19,0 | 5706 |
| 138. | Kurki Lauri | 1983 | St. Gallen | | 54.59,4 | 19.28,3 | 4857 |
| 139. | Haupt Sebastian | 1978 | Steinhausen | | 55.07,7 | 19.36,6 | 4792 |
| 140. | Kempter Michael | 1985 | St. Gallen | | 55.16,6 | 19.45,5 | 4842 |
| 141. | Hohl Patrick | 1981 | Herisau | | 55.21,3 | 19.50,2 | 4805 |
| 142. | Zuber Martin | 1985 | Winterthur | | 55.21,6 | 19.50,5 | 5346 |
| 143. | Kohle-Kleipa Stefan | 1978 | St. Gallen | KSSG | 55.26,3 | 19.55,2 | 6335 |
| 144. | Bauer David | 1983 | St. Gallen | | 55.34,6 | 20.03,5 | 5969 |
| 145. | Reinhard Daniel | 1986 | St. Gallen | | 55.34,9 | 20.03,8 | 4471 |
| 146. | Schneiter Achille | 1985 | Winterthur | Fitness Shop Zürich | 55.40,5 | 20.09,4 | 5831 |
| 147. | Vonrüti Daniel | 1980 | Bichelsee | | 55.46,0 | 20.14,9 | 5081 |
| 148. | Alpiger Rolf | 1980 | Eggersriet | | 55.48,9 | 20.17,8 | 5097 |
| 149. | Oesch Claus | 1987 | St. Gallen | | 55.54,6 | 20.23,5 | 4639 |
| 150. | Hollenstein Christoph | 1979 | Teufen AR | | 55.54,7 | 20.23,6 | 5912 |
| 151. | Keller Olivier | 1985 | Eschenz | | 56.04,9 | 20.33,8 | 4439 |
| 152. | Bosch Andy | 1985 | St. Gallen | | 56.10,8 | 20.39,7 | 4382 |
| 153. | Storchenegger Mario | 1987 | Gossau SG | | 56.12,6 | 20.41,5 | 5807 |
| 154. | Reifler Daniel | 1987 | Flawil | | 56.15,8 | 20.44,7 | 5666 |
| 155. | Patrick George | 1984 | Winikon | | 56.24,0 | 20.52,9 | 4931 |
| 156. | Längle Jürgen | 1981 | Abtwil SG | | 56.30,0 | 20.58,9 | 4872 |
| 157. | Stäheli Marc | 1979 | Bichwil | | 56.30,4 | 20.59,3 | 6451 |
| 158. | Gisler Thomas | 1983 | Emmenbrücke | | 56.36,2 | 21.05,1 | 4411 |
| 159. | Seitz Tobias | 1985 | St. Gallen | Laufgruppe Stigi | 56.40,3 | 21.09,2 | 4654 |
| 160. | Seitz Tobias | 1985 | Winterthur | Laufgruppe Stigi | 56.40,5 | 21.09,4 | 4655 |
| 161. | Schefer Johannes | 1979 | Gais | Dörig Käsehandel AG | 56.45,0 | 21.13,9 | 5655 |
| 162. | Hungerbühler Marco | 1987 | St. Gallen | Sömmerli-Sprinter | 56.54,6 | 21.23,5 | 4818 |
| 163. | Wilhelm Cedric | 1987 | St. Gallen | | 57.17,3 | 21.46,2 | 4511 |
| 164. | Schildknecht Pascal | 1981 | Amriswil | Ernst Sutter AG | 57.22,3 | 21.51,2 | 4974 |
| 165. | Bucher Niklaus | 1982 | Speicher | | 57.27,3 | 21.56,2 | 5963 |
| 166. | Tapioles David | 1978 | Bad Ragaz | | 57.29,7 | 21.58,6 | 4351 |
| 167. | Filli Alain | 1980 | St. Gallen | | 57.30,5 | 21.59,4 | 4614 |
| 168. | Gisler Lukas | 1987 | Oberuzwil | | 57.33,2 | 22.02,1 | 4770 |
| 169. | Lieberherr Ruedi | 1985 | St. Gallen | | 57.35,5 | 22.04,4 | 5684 |
| 170. | Morger Stefan | 1980 | Uetliburg SG | TriTeamSüsch | 57.42,3 | 22.11,2 | 672 |
| 171. | Kuhn Mathias | 1984 | Schaffhausen | TriTeamSüsch | 57.43,2 | 22.12,1 | 653 |
| 172. | Gantenbein Michael | 1985 | Bad Ragaz | AEBI Wagabau Racing Team | 57.53,4 | 22.22,3 | 4558 |
| 173. | Allmendinger Tim | 1981 | Horn | | 57.54,3 | 22.23,2 | 6488 |
| 174. | Mathis Daniel | 1985 | FL-Ruggell | HDS Tri Team | 57.54,9 | 22.23,8 | 4885 |
| 175. | Laule Stefan | 1978 | Speicher | | 57.55,7 | 22.24,6 | 5677 |
| 176. | Knecht Adrian | 1985 | Abtwil SG | | 57.55,9 | 22.24,8 | 6425 |
| 177. | Locher Mario | 1984 | Arnegg | | 58.06,0 | 22.34,9 | 4871 |
| 178. | Städler Ruedi | 1982 | St. Gallen | | 58.09,8 | 22.38,7 | 5618 |
| 179. | Breu Philipp | 1979 | St. Gallen | | 58.12,5 | 22.41,4 | 4561 |
| 180. | Manser Manuel | 1983 | Meilen | | 58.13,8 | 22.42,7 | 4882 |
| 181. | Keller Joel | 1985 | Zuzwil SG | | 58.23,1 | 22.52,0 | 4224 |
| 182. | Künzle Stefan | 1982 | St. Gallen | | 58.23,5 | 22.52,4 | 5420 |
| 183. | Gonzalez Guillermo | 1986 | Zürich | | 58.24,6 | 22.53,5 | 5839 |

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| Rang | Name und Vorname | Jg | Land Ort | Team | Zeit | Abstand | Stnr |
|------|----------------------|------|--------------------|--------------------------------|-----------|---------|------|
| 184. | Furrer Patrick | 1983 | St. Gallen | | 58.24,8 | 22.53,7 | 5188 |
| 185. | Sutter Daniel | 1978 | Flawil | Einzelstarter | 58.26,1 | 22.55,0 | 4282 |
| 186. | Sennhauser Iwan | 1981 | Schwarzenbach SG | | 58.28,0 | 22.56,9 | 5169 |
| 187. | Heule Thomas | 1978 | Horn | | 58.31,9 | 23.00,8 | 4799 |
| 188. | Wismer Samuel | 1987 | Wil SG | | 58.38,8 | 23.07,7 | 5621 |
| 189. | Sax Toni | 1978 | Steinebrunn | | 58.49,5 | 23.18,4 | 4481 |
| 190. | Nef Markus | 1978 | Hemberg | | 58.55,6 | 23.24,5 | 5592 |
| 191. | Schmidt Michael | 1987 | Bäretswil | | 59.02,2 | 23.31,1 | 6307 |
| 192. | Arvanas Fabio | 1980 | Schwarzenbach SG | | 59.04,0 | 23.32,9 | 5551 |
| 193. | Wasserfallen Sandro | 1985 | Goldach | | 59.07,9 | 23.36,8 | 6462 |
| 194. | Rama Suad | 1983 | St. Gallen | | 59.10,5 | 23.39,4 | 5596 |
| 195. | Wettstein Fredi | 1981 | Thal | MR Thal | 59.22,7 | 23.51,6 | 4585 |
| 196. | Röthlisberger Stefan | 1985 | St. Gallen | | 59.40,2 | 24.09,1 | 4327 |
| 197. | Wehrle Jürgen | 1980 | Rebstein | | 59.47,2 | 24.16,1 | 5046 |
| 198. | Hinder Mischa | 1987 | Wil SG | | 59.59,8 | 24.28,7 | 4801 |
| 199. | Mächler Samuel | 1978 | Zihlschlacht | | 1:00.00,5 | 24.29,4 | 4904 |
| 200. | Urech Daniel | 1984 | Waldkirch | Migros | 1:00.04,9 | 24.33,8 | 5082 |
| 201. | Bernet Darko | 1985 | Wila | | 1:00.14,6 | 24.43,5 | 6246 |
| 202. | Schnelli Christof | 1980 | Sirnach | | 1:00.19,4 | 24.48,3 | 5163 |
| 203. | Hutter Thomas | 1986 | Zürich | | 1:00.28,9 | 24.57,8 | 5999 |
| 204. | Meier Marco | 1980 | Mauren TG | | 1:00.42,7 | 25.11,6 | 5663 |
| 205. | Venzin Philip | 1981 | St. Margarethen TG | | 1:00.43,0 | 25.11,9 | 5671 |
| 206. | Rüegg Stefan | 1979 | Herisau | | 1:00.45,4 | 25.14,3 | 4328 |
| 207. | Bilgeri Damian | 1982 | St. Gallen | | 1:00.45,6 | 25.14,5 | 5364 |
| 208. | Trunz Reto | 1984 | St. Gallen | tiltanic | 1:00.54,6 | 25.23,5 | 6363 |
| 209. | Gähwiler Mario | 1985 | St. Gallen | | 1:01.06,5 | 25.35,4 | 4784 |
| 210. | Walter Carlo | 1985 | Winterthur | | 1:01.16,0 | 25.44,9 | 5476 |
| 211. | Jäger Andreas | 1982 | Buch am Irchel | | 1:01.28,7 | 25.57,6 | 4435 |
| 212. | Wuffli Sandro | 1986 | St. Gallen | | 1:01.30,1 | 25.59,0 | 5540 |
| 213. | Ritscher Berthold | 1979 | A-Bregenz | SaxaSport | 1:01.30,8 | 25.59,7 | 4641 |
| 214. | Pedone Antonio | 1983 | Gossau SG | | 1:01.39,5 | 26.08,4 | 5742 |
| 215. | Stojanovic Vladan | 1980 | Niederuzwil | Update Uzwil | 1:01.54,7 | 26.23,6 | 5018 |
| 216. | Frei Christoph | 1986 | Bischofszell | | 1:02.06,5 | 26.35,4 | 4757 |
| 217. | Wunder Tomi | 1983 | St. Gallen | | 1:02.17,2 | 26.46,1 | 5057 |
| 218. | Wetzold Marc | 1981 | Abtwil SG | | 1:02.19,5 | 26.48,4 | 5678 |
| 219. | Mock Martin | 1981 | Tuggen | | 1:02.24,5 | 26.53,4 | 6228 |
| 219. | Torres Alex | 1985 | Balgach | | 1:02.24,5 | 26.53,4 | 6362 |
| 221. | Oertli Patrik | 1986 | Herisau | | 1:02.27,9 | 26.56,8 | 5740 |
| 222. | Fellmann Michi | 1986 | Abtwil SG | Hirslanden Klinik Stephanshorn | 1:02.28,6 | 26.57,5 | 5681 |
| 223. | Huber Dominik | 1986 | St. Gallen | | 1:02.50,5 | 27.19,4 | 5406 |
| 224. | Ueberegger Michel | 1979 | St. Gallen | | 1:02.51,3 | 27.20,2 | 5535 |
| 225. | Frischknecht Pascal | 1982 | Horn | | 1:02.54,9 | 27.23,8 | 5989 |
| 226. | Frischknecht Marco | 1978 | St. Gallen | | 1:02.56,9 | 27.25,8 | 5988 |
| 227. | Frischknecht Bruno | 1984 | Herisau | | 1:02.57,0 | 27.25,9 | 5987 |
| 228. | Jung Patrick | 1983 | Wittenbach | | 1:03.24,8 | 27.53,7 | 5412 |
| 229. | Ullmann Remo | 1981 | Erlen | | 1:03.35,0 | 28.03,9 | 5328 |
| 230. | Zancanaro Riccardo | 1985 | Horn | | 1:03.40,1 | 28.09,0 | 4675 |
| 231. | Fiechter Daniel | 1978 | Eggersriet | | 1:03.48,6 | 28.17,5 | 5085 |
| 232. | Girsberger Oliver | 1982 | Amriswil | | 1:03.51,1 | 28.20,0 | 4618 |
| 233. | Rogenmoser Nicola | 1983 | Wil SG | | 1:03.52,6 | 28.21,5 | 5298 |
| 234. | Schegg Martin | 1978 | Montlingen | | 1:04.18,2 | 28.47,1 | 4970 |
| 235. | Palomo Nicolas | 1983 | Jona | | 1:04.29,8 | 28.58,7 | 5741 |
| 236. | Ryffel Adrian | 1987 | Oberuzwil | | 1:04.36,0 | 29.04,9 | 6338 |
| 237. | Jimenez Santos | 1984 | Zürich | | 1:04.41,4 | 29.10,3 | 5250 |
| 238. | Brunner Marco | 1983 | Lausanne | | 1:04.45,6 | 29.14,5 | 4542 |
| 239. | Schnell Marius | 1987 | Arbon | | 1:04.57,5 | 29.26,4 | 6270 |
| 240. | Wartberger Thomas | 1979 | Egnach | Flodders | 1:04.58,0 | 29.26,9 | 5761 |
| 241. | Dolfen Roman | 1985 | St. Gallen | | 1:05.26,0 | 29.54,9 | 4609 |
| 242. | Hasler Stefan | 1987 | St. Gallen | Kingsman | 1:05.28,7 | 29.57,6 | 4621 |
| 243. | Flores Michel | 1986 | St. Gallen | Kingsman | 1:05.29,0 | 29.57,9 | 4615 |
| 244. | Loher Marco | 1982 | Chur | | 1:05.33,3 | 30.02,2 | 5265 |

(44) 10 km Männer M30

| Rang | Name und Vorname | Jg | Land Ort | Team | Zeit | Abstand | Stnr |
|------|-----------------------|------|---------------|------------------------------------|-----------|---------|------|
| 245. | Wick Adrian | 1985 | St. Gallen | | 1:05.37,6 | 30.06,5 | 5479 |
| 246. | Büchel Sven | 1986 | St. Gallen | | 1:05.39,7 | 30.08,6 | 4716 |
| 247. | Manser Andy | 1981 | Wängi | | 1:05.49,5 | 30.18,4 | 4880 |
| 248. | Künzler Robin | 1984 | Zürich | | 1:05.55,4 | 30.24,3 | 6300 |
| 249. | Fornasier Michel | 1978 | Altendorf | | 1:06.10,3 | 30.39,2 | 4756 |
| 250. | Steiger Fabian | 1987 | St. Gallen | | 1:06.11,0 | 30.39,9 | 4276 |
| 251. | Spörri Michael | 1979 | Winterthur | | 1:06.13,6 | 30.42,5 | 5470 |
| 252. | Esser Sven | 1980 | D-Weilerswist | | 1:06.23,0 | 30.51,9 | 4401 |
| 253. | Kunzmann Lukas | 1986 | Abtwil SG | Manchester United | 1:06.28,3 | 30.57,2 | 5419 |
| 254. | Dörig Martin | 1983 | Eschlikon TG | | 1:06.34,1 | 31.03,0 | 4398 |
| 255. | Riedener Mirco | 1984 | Abtwil SG | | 1:06.37,8 | 31.06,7 | 4474 |
| 256. | Lüber Thomas | 1985 | Gossau SG | Migros | 1:06.53,5 | 31.22,4 | 5189 |
| 257. | Della Cristina Manuel | 1987 | Mels | doPPelpunkt | 1:06.58,6 | 31.27,5 | 5207 |
| 258. | Vontobel Ronnie | 1986 | Mammern | "Primo Gym" Muay Thai Schaffhausen | 1:07.00,6 | 31.29,5 | 4310 |
| 259. | Mahr Etienne | 1979 | St. Gallen | | 1:07.27,5 | 31.56,4 | 4632 |
| 260. | Höhener Daniel | 1982 | Wil SG | | 1:07.37,4 | 32.06,3 | 5720 |
| 261. | Bischof Tobias | 1987 | Uzwil | | 1:07.44,6 | 32.13,5 | 4174 |
| 262. | Bührer Christian | 1985 | Engelburg | | 1:07.57,3 | 32.26,2 | 5369 |
| 263. | Gervasi Riccardo | 1986 | Arbon | Laufclub Gervasi | 1:07.59,3 | 32.28,2 | 1757 |
| 264. | Ritter Severin | 1986 | St. Gallen | | 1:08.03,1 | 32.32,0 | 4952 |
| 265. | Skeledzic Daniel | 1978 | Amriswil | | 1:08.54,4 | 33.23,3 | 5530 |
| 266. | Rutz Marco | 1987 | St. Gallen | | 1:10.11,0 | 34.39,9 | 5300 |
| 267. | Hobi Martin | 1987 | Mels | | 1:10.26,0 | 34.54,9 | 5234 |
| 268. | Bueler Raffael | 1984 | Jona | | 1:11.13,9 | 35.42,8 | 4709 |
| 269. | Bühler Raffael | 1984 | Rorschach | | 1:12.06,6 | 36.35,5 | 6401 |
| 270. | Wyss Simon | 1982 | Zürich | | 1:12.15,8 | 36.44,7 | 5342 |
| 271. | Künzler Adi | 1981 | Goldach | | 1:13.31,9 | 38.00,8 | 5421 |
| 272. | Forster Andreas | 1980 | St. Gallen | | 1:13.43,4 | 38.12,3 | 5386 |
| 273. | Tribelhorn Dominik | 1983 | St. Gallen | | 1:14.51,0 | 39.19,9 | 6459 |
| 274. | Schmid Martin | 1982 | St. Gallen | | 1:14.54,6 | 39.23,5 | 4980 |
| 275. | Hanselmann Patrick | 1978 | Andwil SG | | 1:15.23,6 | 39.52,5 | 5229 |
| 276. | Baumann Dominic | 1984 | Glattbrugg | | 1:15.24,1 | 39.53,0 | 6253 |
| 277. | Lanz Alexandre | 1981 | Marly | | 1:16.25,3 | 40.54,2 | 5263 |
| 278. | Walser Thomas | 1978 | Romanshorn | | 1:18.32,7 | 43.01,6 | 5045 |
| 279. | Steiner Oliver | 1980 | Niedergösgen | | 1:18.56,0 | 43.24,9 | 5858 |
| 280. | Donno Carlo | 1985 | St. Gallen | | 1:19.19,2 | 43.48,1 | 5638 |
| 281. | Hagger Manuel | 1980 | Altstätten SG | | 1:20.22,3 | 44.51,2 | 5662 |
| 282. | Raschle Patrick | 1981 | Abtwil SG | | 1:23.10,5 | 47.39,4 | 5290 |
| 283. | Frei Silvan | 1987 | Amriswil | | 1:25.41,2 | 50.10,1 | 6276 |
| 284. | Pace Eliseo | 1982 | Arbon | | 1:25.46,4 | 50.15,3 | 5653 |

Total klassiert: 284