

Pl	Stnr	Name	Zeit	(Forts.)															
Junioren (3)				3.6 km 40 Hm 27 P															
				1(65)	2(127)	3(125)	4(115)	5(107)	6(109)	7(112)	8(110)	9(113)	10(89)	11(72)	12(114)	13(70)	14(72)		
				15(122)	16(116)	17(76)	18(77)	19(67)	20(78)	21(79)	22(81)	23(124)	24(84)	25(85)	26(100)	27(120)	Z		
3		Matthias Sandmeier Herisau	26:07	0:34	2:30	3:41	6:06	6:59	8:44	9:43	10:17	10:33	11:27	12:24	13:13	13:46	14:39		
				0:34	1:56	1:11	2:25	0:53	1:45	0:59	0:34	0:16	0:54	0:57	0:49	0:33	0:53		
				15:39	16:30	17:06	18:42	18:48	19:23	20:22	21:54	22:40	24:36	25:03	25:29	25:51	26:07		
				1:00	0:51	0:36	1:36	0:06	0:35	0:59	1:32	0:46	1:56	0:27	0:26	0:22	0:16		
Juniorinnen (2)				3.0 km 40 Hm 27 P															
				1(101)	2(102)	3(103)	4(104)	5(87)	6(106)	7(111)	8(109)	9(108)	10(88)	11(114)	12(72)	13(62)	14(122)		
				15(76)	16(116)	17(77)	18(67)	19(78)	20(79)	21(80)	22(123)	23(124)	24(85)	25(121)	26(117)	27(120)	Z		
1		Katja Zünd Kriessern	22:15	0:53	1:41	2:01	2:36	3:49	4:04	4:59	5:38	6:16	7:12	8:49	9:52	10:21	11:44		
				0:53	0:48	0:20	0:35	1:13	0:15	0:55	0:39	0:38	0:56	1:37	1:03	0:29	1:23		
				12:27	12:51	14:14	14:18	14:53	16:00	16:45	16:58	17:54	19:56	20:38	21:29	21:58	22:15		
				0:43	0:24	1:23	0:04	0:35	1:07	0:45	0:13	0:56	2:02	0:42	0:51	0:29	0:17		
2		Camille Vogel Widnau	27:55	0:30	1:12	1:36	2:28	3:59	4:15	5:13	6:02	6:50	8:06	10:22	12:00	12:32	13:06		
				0:30	0:42	0:24	0:52	1:31	0:16	0:58	0:49	0:48	1:16	2:16	1:38	0:32	0:34		
				13:59	14:24	16:59	17:06	17:47	19:06	20:09	20:37	21:59	24:41	25:45	26:53	27:32	27:55		
				0:53	0:25	2:35	0:07	0:41	1:19	1:03	0:28	1:22	2:42	1:04	1:08	0:39	0:23		
Herren (5)				4.0 km 45 Hm 28 P															
				1(65)	2(64)	3(104)	4(127)	5(125)	6(115)	7(107)	8(109)	9(112)	10(110)	11(68)	12(69)	13(114)	14(70)		
				15(72)	16(76)	17(67)	18(77)	19(61)	20(62)	21(78)	22(79)	23(81)	24(83)	25(84)	26(85)	27(121)	28(120)		
				Z															
1		Christoph Ghiggi Sargans	24:47	0:29	1:22	1:49	3:20	4:25	6:23	7:09	8:21	9:16	9:37	10:35	12:13	13:03	13:26		
				0:29	0:53	0:27	1:31	1:05	1:58	0:46	1:12	0:55	0:21	0:58	1:38	0:50	0:23		
				14:17	14:47	15:50	16:21	17:03	17:33	18:20	19:09	20:11	21:26	23:07	23:32	24:03	24:29		
				0:51	0:30	1:03	0:31	0:42	0:30	0:47	0:49	1:02	1:15	1:41	0:25	0:31	0:26		
				24:47															
				0:18															
2		Michael Treier Marbach	28:16	0:58	2:08	2:40	4:10	5:10	7:07	7:54	9:08	9:59	10:28	11:35	13:23	14:14	14:51		
				0:58	1:10	0:32	1:30	1:00	1:57	0:47	1:14	0:51	0:29	1:07	1:48	0:51	0:37		
				15:53	16:32	17:42	18:19	19:06	19:44	20:35	21:17	22:35	24:27	26:03	26:33	27:07	27:58		
				1:02	0:39	1:10	0:37	0:47	0:38	0:51	0:42	1:18	1:52	1:36	0:30	0:34	0:51		
				28:16															
				0:18															
3		Benedetto Castelli St.Gallen	28:25	0:41	1:35	2:00	3:44	4:45	6:51	7:44	9:11	10:06	10:31	11:28	13:25	14:19	14:49		
				0:41	0:54	0:25	1:44	1:01	2:06	0:53	1:27	0:55	0:25	0:57	1:57	0:54	0:30		
				15:47	16:30	17:54	18:26	19:15	19:53	20:57	21:47	23:11	24:29	26:26	26:50	27:30	28:05		
				0:58	0:43	1:24	0:32	0:49	0:38	1:04	0:50	1:24	1:18	1:57	0:24	0:40	0:35		
				28:25															
				0:20															
4		Daniel Raum A-Höchst	30:55	0:41	2:35	3:06	4:54	6:26	8:31	9:28	10:54	11:51	12:20	13:28	15:23	16:18	16:49		
				0:41	1:54	0:31	1:48	1:32	2:05	0:57	1:26	0:57	0:29	1:08	1:55	0:55	0:31		
				17:51	18:43	20:04	20:36	21:33	22:12	23:14	24:11	25:30	27:04	28:50	29:23	30:00	30:37		
				1:02	0:52	1:21	0:32	0:57	0:39	1:02	0:57	1:19	1:34	1:46	0:33	0:37	0:37		
				30:55															
				0:18															
5		Meico Oehninger Abtwil	35:40	1:34	2:36	3:05	5:06	6:20	8:28	9:27	10:54	11:55	12:33	13:41	15:46	16:57	17:35		
				1:34	1:02	0:29	2:01	1:14	2:08	0:59	1:27	1:01	0:38	1:08	2:05	1:11	0:38		
				18:52	19:37	21:51	22:26	23:40	24:50	26:04	27:03	28:35	31:18	33:27	33:57	34:44	35:24		
				1:17	0:45	2:14	0:35	1:14	1:10	1:14	0:59	1:32	2:43	2:09	0:30	0:47	0:40		
				35:40															
				0:16															
Damen (1)				3.3 km 35 Hm 28 P															
				1(101)	2(64)	3(106)	4(109)	5(112)	6(110)	7(113)	8(68)	9(89)	10(70)	11(114)	12(74)	13(73)	14(75)		
				15(72)	16(63)	17(116)	18(76)	19(78)	20(79)	21(80)	22(81)	23(82)	24(83)	25(84)	26(85)	27(118)	28(120)		
				Z															
1		Elke Hacker Rebstein	25:47	0:28	1:55	2:48	3:18	4:20	4:47	5:04	6:02	6:57	7:47	8:27	10:04	10:45	11:37		
				0:28	1:27	0:53	0:30	1:02	0:27	0:17	0:58	0:55	0:50	0:40	1:37	0:41	0:52		
				12:18	13:56	14:30	15:09	16:31	17:24	18:04	19:13	19:39	21:13	23:01	23:29	25:07	25:27		
				0:41	1:38	0:34	0:39	1:22	0:53	0:40	1:09	0:26	1:34	1:48	0:28	1:38	0:20		
				25:47															
				0:20															
Senioren 1 (11)				3.3 km 35 Hm 28 P															
				1(101)	2(64)	3(106)	4(109)	5(112)	6(110)	7(113)	8(68)	9(89)	10(70)	11(114)	12(74)	13(73)	14(75)		
				15(72)	16(63)	17(116)	18(76)	19(78)	20(79)	21(80)	22(81)	23(82)	24(83)	25(84)	26(85)	27(118)	28(120)		
				Z															
1		Daniel Jud Romanshorn	23:45	0:37	2:14	3:00	3:31	4:25	4:51	5:04	5:51	6:47	7:45	8:15	9:31	10:08	10:53		
				0:37	1:37	0:46	0:31	0:54	0:26	0:13	0:47	0:56	0:58	0:30	1:16	0:37	0:45		
				11:32	13:11	13:43	14:20	15:27	16:27	17:05	17:58	18:31	19:43	21:42	22:11	22:56	23:26		
				0:39	1:39	0:32	0:37	1:07	1:00	0:38	0:53	0:33	1:12	1:59	0:29	0:45	0:30		
				23:45															
				0:19															
2		Martin Koster St.Margrethen	24:05	0:36	1:53	2:45	3:16	4:09	4:33	4:53	5:44	6:43	7:37	8:14	9:52	10:31	11:22		
				0:36	1:17	0:52	0:31	0:53	0:24	0:20	0:51	0:59	0:54	0:37	1:38	0:39	0:51		
				11:57	13:38	14:11	14:47	16:07	16:58	17:39	18:23	18:48	19:58	21:49	22:22	23:24	23:46		
				0:35	1:41	0:33	0:36	1:20	0:51	0:41	0:44	0:25	1:10	1:51	0:33	1:02	0:22		
				24:05															
				0:19															

Pl	Stnr	Name	Zeit																	
Senioren 1 (11)				3.3 km	35 Hm	28 P	<i>(Forts.)</i>													
				1(101)	2(64)	3(106)	4(109)	5(112)	6(110)	7(113)	8(68)	9(89)	10(70)	11(114)	12(74)	13(73)	14(75)			
				15(72)	16(63)	17(116)	18(76)	19(78)	20(79)	21(80)	22(81)	23(82)	24(83)	25(84)	26(85)	27(118)	28(120)			
				Z																
3		Dieter Sandmeier Herisau	25:21	1:09	2:26	3:25	3:56	4:47	5:08	5:22	6:03	6:51	7:42	8:11	9:32	10:06	10:48			
				1:09	1:17	0:59	0:31	0:51	0:21	0:14	0:41	0:48	0:51	0:29	1:21	0:34	0:42			
				11:24	12:53	13:21	14:02	15:04	15:52	16:24	17:05	18:46	19:50	21:59	23:46	24:42	25:02			
				0:36	1:29	0:28	0:41	1:02	0:48	0:32	0:41	1:41	1:04	2:09	1:47	0:56	0:20			
				25:21																
4		Reto Sonderegger Herisau	26:26	0:47	2:24	3:21	3:53	4:53	5:22	5:38	6:44	7:37	8:20	8:59	10:35	11:18	12:14			
				0:47	1:37	0:57	0:32	1:00	0:29	0:16	1:06	0:53	0:43	0:39	1:36	0:43	0:56			
				12:55	14:47	15:26	16:06	17:26	18:23	19:04	20:09	20:39	21:55	23:57	24:25	25:41	26:07			
				0:41	1:52	0:39	0:40	1:20	0:57	0:41	1:05	0:30	1:16	2:02	0:28	1:16	0:26			
				26:26																
				0:19																
5		Erwin Wälter Altstätten	27:11	0:42	2:16	3:10	3:50	4:49	5:13	5:32	6:47	7:45	8:56	9:31	11:09	11:50	12:43			
				0:42	1:34	0:54	0:40	0:59	0:24	0:19	1:15	0:58	1:11	0:35	1:38	0:41	0:53			
				13:22	15:04	15:38	16:20	17:53	18:53	19:37	20:31	21:08	22:39	24:31	25:17	26:25	26:53			
				0:39	1:42	0:34	0:42	1:33	1:00	0:44	0:54	0:37	1:31	1:52	0:46	1:08	0:28			
				27:11																
				0:18																
6		Markus Stampfli Altstätten	28:21	0:38	2:04	3:06	3:40	4:46	5:21	5:43	6:39	7:33	8:21	8:56	10:27	11:06	11:53			
				0:38	1:26	1:02	0:34	1:06	0:35	0:22	0:56	0:54	0:48	0:35	1:31	0:39	0:47			
				12:49	14:24	14:56	15:55	17:17	18:12	18:58	20:00	20:45	23:06	25:01	25:49	27:36	28:02			
				0:56	1:35	0:32	0:59	1:22	0:55	0:46	1:02	0:45	2:21	1:55	0:48	1:47	0:26			
				28:21																
				0:19																
7		Markus Wolfgang Steinach	28:46	1:17	2:57	4:07	4:41	5:50	6:28	6:52	8:07	9:05	9:52	10:27	11:58	12:36	13:33			
				1:17	1:40	1:10	0:34	1:09	0:38	0:24	1:15	0:58	0:47	0:35	1:31	0:38	0:57			
				14:39	16:26	16:57	17:40	18:51	19:46	20:26	21:28	22:11	23:37	25:57	26:29	27:57	28:25			
				1:06	1:47	0:31	0:43	1:11	0:55	0:40	1:02	0:43	1:26	2:20	0:32	1:28	0:28			
				28:46																
				0:21																
8		Clemens Eugster Widnau	29:46	0:29	2:11	3:30	4:11	5:14	5:44	6:04	7:03	7:59	9:14	9:49	11:32	12:16	13:08			
				0:29	1:42	1:19	0:41	1:03	0:30	0:20	0:59	0:56	1:15	0:35	1:43	0:44	0:52			
				13:58	16:05	16:44	17:29	19:16	20:20	21:05	22:03	22:33	24:25	26:41	27:18	28:53	29:24			
				0:50	2:07	0:39	0:45	1:47	1:04	0:45	0:58	0:30	1:52	2:16	0:37	1:35	0:31			
				29:46																
				0:22																
9		Toni Büchler Herisau	30:20	0:33	2:17	3:17	4:14	5:17	5:42	5:59	6:58	7:54	8:50	9:36	11:16	12:00	12:55			
				0:33	1:44	1:00	0:57	1:03	0:25	0:17	0:59	0:56	0:56	0:46	1:40	0:44	0:55			
				13:32	15:17	16:22	17:11	18:38	19:34	20:21	21:12	21:48	24:51	26:55	28:10	29:33	30:00			
				0:37	1:45	1:05	0:49	1:27	0:56	0:47	0:51	0:36	3:03	2:04	1:15	1:23	0:27			
				30:20																
				0:20																
10		Urs Manser Thal	30:34	2:19	3:51	5:06	5:33	6:34	6:59	7:16	8:05	8:56	10:06	10:44	12:19	12:56	13:43			
				2:19	1:32	1:15	0:27	1:01	0:25	0:17	0:49	0:51	1:10	0:38	1:35	0:37	0:47			
				14:23	16:05	16:39	17:19	18:38	19:40	20:19	22:24	22:47	24:50	26:42	27:10	29:28	30:14			
				0:40	1:42	0:34	0:40	1:19	1:02	0:39	2:05	0:23	2:03	1:52	0:28	2:18	0:46			
				30:34																
				0:20																
11		Markus Zbinden Engelburg	35:59	0:35	2:18	3:20	4:13	5:20	5:46	6:05	7:35	9:49	11:56	12:33	14:05	14:44	15:35			
				0:35	1:43	1:02	0:53	1:07	0:26	0:19	1:30	2:14	2:07	0:37	1:32	0:39	0:51			
				16:22	18:15	18:51	19:50	21:10	22:10	22:51	24:24	27:34	29:11	31:57	33:22	35:06	35:40			
				0:47	1:53	0:36	0:59	1:20	1:00	0:41	1:33	3:10	1:37	2:46	1:25	1:44	0:34			
				35:59																
				0:19																
Seniorinnen 1 (10)				3.0 km	40 Hm	27 P														
				1(101)	2(102)	3(103)	4(104)	5(87)	6(106)	7(111)	8(109)	9(108)	10(88)	11(114)	12(72)	13(62)	14(122)			
				15(76)	16(116)	17(77)	18(67)	19(78)	20(79)	21(80)	22(123)	23(124)	24(85)	25(121)	26(117)	27(120)	Z			
1		Rita Deininger St.Gallen	22:39	0:30	1:06	1:27	2:06	3:57	4:09	5:05	5:47	6:24	7:19	8:49	9:58	10:30	10:56			
				0:30	0:36	0:21	0:39	1:51	0:12	0:56	0:42	0:37	0:55	1:30	1:09	0:32	0:26			
				11:59	12:22	14:36	14:41	15:14	16:25	17:00	17:11	18:13	20:22	21:03	21:57	22:21	22:39			
				1:03	0:23	2:14	0:05	0:33	1:11	0:35	0:11	1:02	2:09	0:41	0:54	0:24	0:18			
2		Silvia Büchler Herisau	23:14	0:38	1:15	1:44	2:23	3:38	3:53	4:48	5:39	6:23	7:24	9:32	10:40	11:09	11:38			
				0:38	0:37	0:29	0:39	1:15	0:15	0:55	0:51	0:44	1:01	2:08	1:08	0:29	0:29			
				12:23	12:48	14:27	14:35	15:13	16:22	17:04	17:20	18:26	20:27	21:10	22:24	22:56	23:14			
				0:45	0:25	1:39	0:08	0:38	1:09	0:42	0:16	1:06	2:01	0:43	1:14	0:32	0:18			
3		Sonja Galli Marbach	25:31	0:27	1:15	1:39	2:24	3:52	4:13	5:19	6:06	6:53	8:06	10:12	11:59	12:29	13:03			
				0:27	0:48	0:24	0:45	1:28	0:21	1:06	0:47	0:47	1:13	2:06	1:47	0:30	0:34			
				13:51	14:19	15:59	16:13	16:54	17:54	18:46	19:10	20:11	22:46	23:46	24:39	25:08	25:31			
				0:48	0:28	1:40	0:14	0:41	1:00	0:52	0:24	1:01	2:35	1:00	0:53	0:29	0:23			
4		Claudia Jud Romanshorn	27:58	0:23	0:57	1:18	1:57	3:50	3:59	4:54	5:55	6:38	7:39	11:44	13:11	13:57	14:40			
				0:23	0:34	0:21	0:39	1:53	0:09	0:55	1:01	0:43	1:01	4:05	1:27	0:46	0:43			
				15:26	16:14	17:47	17:51	18:29	19:32	20:28	20:54	22:03	24:10	24:51	26:00	27:41	27:58			
				0:46	0:48	1:33	0:04	0:38	1:03	0:56	0:26	1:09	2:07	0:41	1:09	1:41	0:17			
5		Esther Vogel Widnau	27:59	0:30	1:13	1:38	2:21	4:00	4:13	5:11	5:59	7:59	9:04	11:17	12:41	13:16	14:05			
				0:30	0:43	0:25	0:43	1:39	0:13	0:58	0:48	2:00	1:05	2:13	1:24	0:35	0:49			
				14:55	15:29	17:02	17:11	17:55	18:57	19:47	20:08	21:49	24:32	25:24	26:45	27:38	27:59			
				0:50	0:34	1:33	0:09	0:44	1:02	0:50	0:21	1:41	2:43	0:52	1:21	0:53	0:21			

Pl	Stnr	Name	Zeit														
Seniorinnen 1 (10)				3.0 km 40 Hm 27 P (Forts.)													
				1(101)	2(102)	3(103)	4(104)	5(87)	6(106)	7(111)	8(109)	9(108)	10(88)	11(114)	12(72)	13(62)	14(122)
				15(76)	16(116)	17(77)	18(67)	19(78)	20(79)	21(80)	22(123)	23(124)	24(85)	25(121)	26(117)	27(120)	Z
6		Elodie Tassin Steinach	28:11	1:35 1:35 14:19	2:21 0:46 14:55	2:45 0:24 16:33	3:30 0:45 16:41	4:56 1:26 17:26	5:11 0:15 18:29	6:26 1:15 19:20	7:11 0:45 20:01	7:56 0:45 22:18	9:01 1:05 25:15	10:52 1:51 26:05	12:13 1:21 27:17	12:53 0:40 27:51	13:26 0:33 28:11
7		Ingrid Alefsen Amriswil	29:31	0:53 1:01 15:17	0:36 1:45 15:50	1:38 2:10 18:42	0:08 3:00 18:50	0:45 4:37 19:54	1:03 5:00 21:17	0:51 6:01 22:07	0:41 7:05 22:44	2:17 7:51 24:13	2:57 8:57 26:25	0:50 11:09 27:14	1:12 12:43 28:17	0:34 13:32 29:09	0:20 14:16 29:31
7		Trix Deuber Buechen b. Staad	29:31	1:01 0:38 16:19	0:44 1:27 16:54	0:25 1:58 18:46	0:50 2:51 18:57	1:37 4:46 19:44	0:23 5:13 21:02	1:01 6:35 21:54	1:04 7:30 22:17	0:46 8:24 23:43	1:06 9:42 26:15	2:12 12:13 27:17	1:34 13:42 28:24	0:49 14:23 29:06	0:44 15:23 29:31
9		Jeanette Stamm St.Gallen	33:02	0:56 0:56 16:46	1:48 0:52 17:33	2:17 0:29 19:51	3:13 0:56 20:07	4:44 1:31 20:57	5:02 0:18 22:58	6:18 1:16 24:07	7:22 1:04 25:17	8:15 0:53 26:57	9:28 1:13 29:26	12:26 2:58 30:34	13:58 1:32 31:47	14:43 0:45 32:40	15:44 1:01 33:02
10		Monika Bärlocher Herisau	40:28	0:48 0:48 20:28	1:35 0:47 20:59	2:23 2:18 22:35	3:21 0:16 23:43	5:30 0:50 24:33	6:13 2:01 26:43	7:22 1:09 27:50	8:15 1:10 28:14	9:08 1:40 29:46	12:03 2:29 33:07	14:14 1:08 34:19	18:14 1:13 37:33	18:54 0:53 40:05	19:46 0:52 40:28
				0:42	0:31	1:36	1:08	0:50	2:10	1:07	0:24	1:32	3:21	1:12	3:14	2:32	0:23
Senioren 2 (11)				3.0 km 40 Hm 27 P													
				1(101)	2(102)	3(103)	4(104)	5(87)	6(106)	7(111)	8(109)	9(108)	10(88)	11(114)	12(72)	13(62)	14(122)
				15(76)	16(116)	17(77)	18(67)	19(78)	20(79)	21(80)	22(123)	23(124)	24(85)	25(121)	26(117)	27(120)	Z
1		Jens Hartmann Hinterforst	21:20	0:17 0:17 11:27	0:49 0:32 11:50	1:09 0:20 13:16	1:48 0:39 13:24	3:04 1:16 14:01	3:16 0:12 14:58	4:06 0:50 15:39	4:45 0:39 15:55	5:26 0:41 16:55	6:20 0:54 18:52	7:57 1:37 19:38	9:33 1:36 20:30	10:00 0:27 20:59	10:40 0:40 21:20
2		Koni Vogel Widnau	23:26	0:45 0:45 12:51	1:20 0:35 13:15	1:43 0:23 14:46	2:28 0:45 14:52	3:49 1:21 15:30	4:04 0:15 16:27	5:00 0:56 17:07	5:45 0:45 17:18	7:06 1:21 18:26	8:11 1:05 20:47	9:49 1:38 21:29	11:01 1:12 22:38	11:32 0:31 23:08	12:02 0:30 23:26
3		Andreas Sieber Diepoldsau	23:35	0:49 0:43 12:59	0:24 1:28 13:27	1:31 1:51 15:06	0:06 2:34 15:12	0:38 3:54 15:55	0:40 4:11 16:55	0:40 5:09 17:38	0:11 5:56 17:51	1:08 6:37 18:52	2:21 7:39 20:49	0:42 9:28 21:36	1:09 10:49 22:38	0:30 11:29 23:11	0:18 12:09 23:35
4		Hansueli Lüthi Waldstatt	24:30	0:42 0:42 12:54	1:22 0:40 13:21	1:44 0:22 14:52	2:24 0:40 14:57	3:51 1:27 15:35	4:07 0:16 16:32	5:13 1:06 17:16	5:51 0:38 17:34	6:31 0:40 18:33	7:37 1:06 21:45	9:25 1:48 22:41	10:47 1:22 23:42	11:19 0:32 24:10	12:06 0:47 24:30
5		Rolf Bollhalder Teufen	24:58	0:48 0:50 14:17	0:27 1:38 14:43	1:31 2:06 16:09	0:05 2:53 16:15	0:38 4:28 16:53	0:57 4:43 17:54	0:44 5:45 18:39	0:18 6:36 19:57	0:18 7:24 20:57	0:59 8:29 22:03	3:12 11:11 22:53	0:56 12:24 23:56	1:01 12:54 24:28	0:28 13:29 24:58
6		Martin Bärlocher Herisau	25:50	0:48 0:57 14:03	0:26 2:13 14:41	1:26 2:41 16:18	0:06 3:23 16:27	0:38 4:49 17:07	1:01 5:28 18:08	0:45 6:22 18:53	0:14 7:12 19:05	1:04 8:09 20:54	2:06 9:09 23:16	0:50 10:54 24:03	1:03 12:05 24:57	0:32 12:41 25:32	0:30 13:14 25:50
7		Götz Alefsen Amriswil	27:31	1:49 1:49 14:46	2:37 0:48 15:13	3:03 0:26 17:19	3:54 0:51 17:25	5:18 1:24 18:26	5:41 0:23 19:31	6:36 0:55 20:09	7:43 1:07 20:22	8:23 0:40 21:43	9:23 1:00 24:10	11:06 1:43 26:05	12:28 1:22 26:57	13:18 0:50 27:14	13:42 0:24 27:31
8		Emil Sutter Appenzell	27:57	1:04 0:41 14:18	0:27 0:59 14:51	2:06 0:22 16:32	0:06 0:43 16:40	1:01 1:36 17:22	1:05 0:20 18:44	0:38 0:58 20:32	0:13 0:57 20:59	1:21 0:53 23:08	2:22 1:03 25:12	3:27 1:52 26:04	4:22 1:22 27:04	5:55 0:52 27:39	0:17 0:47 27:57
9		Thomas Heim A-Wolfurt	29:03	0:51 1:18 1:18	0:33 2:24 1:06	1:41 2:54 0:30	0:08 3:52 0:58	0:42 5:35 1:43	1:22 6:04 0:29	1:48 7:15 1:11	0:27 8:18 1:03	2:09 9:23 1:05	2:04 10:29 1:06	0:52 12:13 1:44	1:00 13:57 1:44	0:35 14:34 0:37	0:18 15:11 0:37
10		Felix Benz Heerbrugg	36:48	1:05 6:23 6:23 21:19	0:34 7:24 1:01 22:15	1:24 8:02 0:38 24:05	0:08 8:48 0:46 24:22	0:38 10:33 1:45 25:06	1:05 10:50 0:17 26:27	0:40 11:42 0:52 27:40	0:20 12:51 1:09 28:07	0:20 13:51 1:00 29:11	1:11 14:58 1:07 32:00	2:21 16:33 1:35 34:06	0:49 18:32 1:59 35:40	1:21 19:13 0:41 36:23	1:56 19:58 0:45 36:48
		Martin Stamm St.Gallen	Fehlst	0:27 0:27 11:27	1:04 0:37 11:52	1:24 0:20 13:18	2:00 0:36 13:38	3:26 1:26 14:14	3:37 0:11 15:09	4:31 0:54 15:50	5:08 0:37 16:06	5:48 0:40 17:05	6:46 0:58 19:07	8:41 1:55 19:48	----- 1:24 20:50	10:05 1:24 21:19	10:46 0:41 21:38
				0:41	0:25	1:26	0:20	0:36	0:55	0:41	0:16	0:59	2:02	0:41	1:02	0:29	0:19
Seniorinnen 2 (5)				3.0 km 40 Hm 27 P													
				1(101)	2(103)	3(64)	4(104)	5(106)	6(110)	7(111)	8(109)	9(108)	10(88)	11(72)	12(114)	13(70)	14(72)
				15(90)	16(76)	17(77)	18(67)	19(78)	20(80)	21(81)	22(82)	23(83)	24(126)	25(121)	26(119)	27(120)	Z
1		Christa Ebnetter Appenzell	23:20	0:51 0:51 12:42	1:55 1:04 13:07	2:29 0:34 14:48	3:05 0:36 14:53	4:41 1:36 15:28	5:19 0:38 16:17	5:37 0:18 17:08	6:15 0:38 17:34	6:58 0:43 19:05	8:02 1:04 21:05	10:04 2:02 21:39	10:45 0:41 22:18	11:19 0:34 23:00	12:17 0:58 23:20
2		Helene Neff Egnach	34:00	0:58 0:58 18:05	2:18 1:20 18:42	2:57 0:39 21:08	3:52 0:55 22:04	5:51 1:59 22:54	7:23 1:32 24:06	7:49 0:26 26:09	8:46 0:57 26:59	9:39 0:53 29:17	10:55 1:16 31:32	14:06 3:11 32:18	15:12 1:06 33:20	16:03 0:51 33:35	17:28 1:25 34:00
				0:37	0:37	2:26	0:56	0:50	1:12	2:03	0:50	2:18	2:15	0:46	1:02	0:15	0:25

Pl	Stnr	Name	Zeit																			
Plausch kurz (46)				2.2 km 30 Hm 22 P				(Forts.)														
				1(86)	2(102)	3(104)	4(105)	5(87)	6(109)	7(108)	8(88)	9(68)	10(89)	11(72)	12(90)	13(76)	14(61)					
				15(122)	16(78)	17(80)	18(123)	19(82)	20(85)	21(100)	22(120)	Z										
33		Kylian Reichen Lüchingen	47:57	1:34	2:34	4:25	6:45	8:27	9:50	11:37	14:04	15:19	18:38	20:59	22:29	23:37	24:54					
				1:34	1:00	1:51	2:20	1:42	1:23	1:47	2:27	1:15	3:19	2:21	1:30	1:08	1:17					
				26:39	28:45	30:40	32:27	36:57	44:20	45:58	47:06	47:57										
				1:45	2:06	1:55	1:47	4:30	7:23	1:38	1:08	0:51										
35		Sarah Schmidheiny Altstätten	52:00	2:03	2:50	5:26	7:45	11:06	14:23	15:56	18:06	19:09	24:17	27:38	30:10	31:11	34:03					
				2:03	0:47	2:36	2:19	3:21	3:17	1:33	2:10	1:03	5:08	3:21	2:32	1:01	2:52					
				35:43	38:10	40:18	41:58	45:13	48:47	50:12	51:07	52:00										
				1:40	2:27	2:08	1:40	3:15	3:34	1:25	0:55	0:53										
36		Kathrin Jost Altstätten	1:02:46	2:33	3:13	4:50	6:53	9:35	10:19	12:18	14:37	16:30	28:03	30:20	35:38	36:29	42:58					
				2:33	0:40	1:37	2:03	2:42	0:44	1:59	2:19	1:53	11:33	2:17	5:18	0:51	6:29					
				44:22	45:59	48:26	49:13	52:04	1:00:28	1:01:43	1:02:17	1:02:46										
				1:24	1:37	2:27	0:47	2:51	8:24	1:15	0:34	0:29										
37		Stefanie Kessler Lüchingen	1:05:02	1:57	3:55	6:48	9:13	11:09	12:36	14:57	17:54	19:17	22:01	24:33	27:07	28:26	30:08					
				1:57	1:58	2:53	2:25	1:56	1:27	2:21	2:57	1:23	2:44	2:32	2:34	1:19	1:42					
				32:28	41:37	44:12	45:24	47:38	1:00:26	1:02:20	1:03:58	1:05:02										
				2:20	9:09	2:35	1:12	2:14	12:48	1:54	1:38	1:04										
38		Nadja Nigg Lüchingen	1:09:02	5:29	5:48	8:08	10:39	12:14	12:48	18:44	20:12	20:59	22:37	26:59	37:15	38:01	42:14					
				5:29	0:19	2:20	2:31	1:35	0:34	5:56	1:28	0:47	1:38	4:22	10:16	0:46	4:13					
				43:48	45:59	51:59	52:50	55:46	1:06:50	1:07:36	1:08:35	1:09:02										
				1:34	2:11	6:00	0:51	2:56	11:04	0:46	0:59	0:27										
		Lina Haller Altstätten	Fehlst	1:52	3:14	5:44	11:24	19:31	21:37	23:53	26:27	28:04	35:12	38:55	41:20	42:49	49:03					
				1:52	1:22	2:30	5:40	8:07	2:06	2:16	2:34	1:37	7:08	3:43	2:25	1:29	6:14					
				50:45	52:45	56:13	57:42	----	1:13:30	1:15:08	1:16:31	1:16:56										
				1:42	2:00	3:28	1:29	----	15:48	1:38	1:23	0:25										
		Vivienne Pileggi Lüchingen	Fehlst	----	----	----	----	----	----	----	----	----	----	----	----	----	----					
				----	----	----	----	----	----	----	----	----										
		Arno Segmüller Altstätten	Fehlst	1:12	1:49	3:10	4:38	5:55	6:38	7:58	9:51	10:32	12:02	14:05	15:22	16:10	17:37					
				1:12	0:37	1:21	1:28	1:17	0:43	1:20	1:53	0:41	1:30	2:03	1:17	0:48	1:27					
				19:03	20:29	22:39	23:37	----	29:37	31:06	32:33	33:21										
				1:26	1:26	2:10	0:58	----	6:00	1:29	1:27	0:48										
		Merlin Petzold Altstätten	Fehlst	4:25	7:19	11:46	16:54	20:56	21:22	23:43	28:52	31:30	55:23	1:06:50	----	1:11:47	1:13:08					
				4:25	2:54	4:27	5:08	4:02	0:26	2:21	5:09	2:38	23:53	11:27	----	4:57	1:21					
				1:14:33	1:17:31	1:19:23	1:20:06	1:23:03	1:25:59	1:26:53	1:27:52	1:28:30										
				1:25	2:58	1:52	0:43	2:57	2:56	0:54	0:59	0:38										
		Felix Gruler Berneck	Fehlst	1:01	1:37	2:45	----	5:17	6:15	7:33	9:07	9:41	11:30	14:08	15:58	16:53	23:43					
				1:01	0:36	1:08	----	2:32	0:58	1:18	1:34	0:34	1:49	2:38	1:50	0:55	6:50					
				26:02	27:33	28:55	29:44	33:47	36:56	38:02	38:40	39:15										
				2:19	1:31	1:22	0:49	4:03	3:09	1:06	0:38	0:35										
		Ulrike Götz Lüchingen	Fehlst	1:32	3:03	5:18	----	----	30:36	32:49	----	37:42	40:43	----	----	----	44:36					
				1:32	1:31	2:15	----	----	25:18	2:13	----	4:53	3:01	----	----	----	3:53					
				----	----	----	----	----	50:34	52:46	54:10	55:27										
				----	----	----	----	----	5:58	2:12	1:24	1:17										
		Vanessa Bild Altstätten	Fehlst	1:17	5:31	7:00	----	13:55	14:41	16:10	18:03	18:48	20:30	----	----	----	----					
				1:17	4:14	1:29	----	6:55	0:46	1:29	1:53	0:45	1:42									
				----	----	29:47	31:25	34:01	37:24	38:44	----	39:58										
				----	----	9:17	1:38	2:36	3:23	1:20	----	1:14										
		Jasmin Sonderegge Altstätten	Fehlst	1:58	2:26	3:24	11:38	12:33	13:06	14:56	16:52	17:26	18:36	20:07	21:18	21:50	25:03					
				1:58	0:28	0:58	8:14	0:55	0:33	1:50	1:56	0:34	1:10	1:31	1:11	0:32	3:13					
				25:44	26:53	28:14	28:40	----	35:34	36:22	36:58	37:23										
				0:41	1:09	1:21	0:26	----	6:54	0:48	0:36	0:25										
Plausch mittel (72)				3.1 km 40 Hm 25 P																		
				1(86)	2(102)	3(104)	4(87)	5(110)	6(111)	7(109)	8(108)	9(68)	10(69)	11(74)	12(73)	13(72)	14(62)					
				15(76)	16(61)	17(67)	18(78)	19(80)	20(123)	21(124)	22(126)	23(121)	24(119)	25(120)	Z							
1		Eliane Stampfli Altstätten	20:32	0:33	0:47	1:30	3:02	3:45	4:02	4:44	5:22	6:25	8:28	10:03	10:40	11:51	12:23					
				0:33	0:14	0:43	1:32	0:43	0:17	0:42	0:38	1:03	2:03	1:35	0:37	1:11	0:32					
				13:23	14:01	14:56	15:31	16:23	16:41	17:28	18:45	19:18	20:01	20:15	20:32							
				1:00	0:38	0:55	0:35	0:52	0:18	0:47	1:17	0:33	0:43	0:14	0:17							
2		Damian Schmid Marbach	26:40	0:32	0:47	1:27	4:13	4:56	6:09	7:32	8:39	10:10	12:26	14:11	14:54	16:35	17:06					
				0:32	0:15	0:40	2:46	0:43	1:13	1:23	1:07	1:31	2:16	1:45	0:43	1:41	0:31					
				17:46	18:59	19:50	20:40	21:35	21:55	23:00	24:44	25:25	26:11	26:24	26:40							
				0:40	1:13	0:51	0:50	0:55	0:20	1:05	1:44	0:41	0:46	0:13	0:16							
3		Ruth Wanner Altstätten	26:42	0:39	0:53	1:50	3:49	4:50	5:09	6:01	6:49	8:24	10:50	14:02	14:51	16:34	17:05					
				0:39	0:14	0:57	1:59	1:01	0:19	0:52	0:48	1:35	2:26	3:12	0:49	1:43	0:31					
				17:47	18:29	19:30	20:12	21:13	21:34	23:05	24:37	25:20	26:01	26:21	26:42							
				0:42	0:42	1:01	0:42	1:01	0:21	1:31	1:32	0:43	0:41	0:20	0:21							
4		Tara Meier Altstätten	28:51	0:40	0:55	1:38	3:58	4:44	6:05	6:50	7:39	8:58	12:07	13:55	14:42	17:03	17:40					
				0:40	0:15	0:43	2:20	0:46	1:21	0:45	0:49	1:19	3:09	1:48	0:47	2:21	0:37					
				18:32	20:25	21:36	22:21	24:11	24:22	25:22	26:57	27:33	28:14	28:27	28:51							
				0:52	1:53	1:11	0:45	1:50	0:11	1:00	1:35	0:36	0:41	0:13	0:24							
5		Marcel Thür Widnau	30:50	1:24	1:49	2:50	5:00	6:04	6:21	7:27	8:21	10:00	13:40	15:59	17:00	19:07	19:56					
				1:24	0:25	1:01	2:10	1:04	0:17	1:06	0:54	1:39	3:40	2:19	1:01	2:07	0:49					
				21:01	21:44	23:05	23:54	25:02	25:19	26:34	28:21	29:12	30:07	30:28	30:50							
				1:05	0:43	1:21	0:49	1:08	0:17	1:15	1:47	0:51	0:55	0:21	0:22							
6		Lars Saxer Altstätten	32:02	0:56	1:27	2:26	4:12	5:08	5:37	6:41	7:44	9:27	12:15	14:31	15:54	17:45	19:17					
				0:56	0:31	0:59	1:46	0:56	0:29	1:04	1:03	1:43	2:48	2:16	1:23	1:51	1:32					
				20:19	21:40	23:43	24:30	25:42	26:18	27:28	29:26	30:12	31:01	31:23	32:02							
				1:02	1:21	2:03	0:47	1:12	0:36	1:10	1:58	0:46	0:49	0:22	0:39							

Pl	Stnr	Name	Zeit	(Forts.)													
Plausch mittel (72)				3.1 km 40 Hm 25 P													
				1(86)	2(102)	3(104)	4(87)	5(110)	6(111)	7(109)	8(108)	9(68)	10(69)	11(74)	12(73)	13(72)	14(62)
				15(76)	16(61)	17(67)	18(78)	19(80)	20(123)	21(124)	22(126)	23(121)	24(119)	25(120)	Z		
7		Heinz Wüst Oberriet	32:09	1:07 1:07 20:56	1:36 0:29 21:45	2:34 0:58 23:17	4:52 2:18 24:03	5:50 0:58 25:32	6:14 0:24 26:03	7:18 1:04 27:14	8:04 0:46 29:20	10:23 2:19 30:17	13:20 2:57 31:30	15:47 2:27 31:47	16:48 1:01 32:09	18:55 2:07 32:09	19:43 0:48
8		Carin Gisep Marbach	32:10	1:13 0:47 20:30	0:49 1:16 21:54	1:32 2:40 23:53	0:46 4:35 24:42	1:29 5:55 25:55	0:31 6:21 26:19	1:11 7:17 27:44	2:06 8:10 29:30	0:57 9:53 30:17	1:13 12:43 31:17	0:17 15:02 31:36	0:22 15:54 32:10	18:04 2:10 32:10	19:27 1:23
9		Timon Cabezas Marbach	32:13	1:03 0:51 20:34	1:24 1:22 21:57	1:59 2:40 23:56	0:49 4:36 24:43	1:13 5:56 25:56	0:24 6:25 26:22	1:25 7:18 27:45	1:46 8:13 29:31	0:47 9:58 30:21	1:00 12:44 31:21	0:19 15:03 31:41	0:34 15:55 32:13	18:07 2:12 32:13	19:30 1:23
10		Marcel Freund Altstätten	32:15	1:04 1:14 20:58	1:23 1:38 21:51	1:59 2:40 23:19	0:47 4:52 24:05	1:13 5:57 25:37	0:26 6:21 26:06	1:23 7:20 27:26	1:46 8:17 29:22	0:50 10:23 30:23	1:00 13:25 31:32	0:20 15:49 31:52	0:32 16:53 32:15	18:56 2:03 32:15	19:49 0:53
11		Claudia Baeder Altstätten	33:11	1:09 0:46 21:10	0:53 1:06 22:01	1:28 1:59 24:29	0:46 4:15 25:21	1:32 5:47 26:39	0:29 6:23 27:10	1:20 7:50 28:24	1:56 8:44 30:36	1:01 10:29 31:26	1:09 14:07 32:27	0:20 16:32 32:44	0:23 17:30 33:11	19:30 2:00 33:11	20:22 0:52
12		Myriam Eugster Altstätten	36:04	0:48 0:44 25:02	0:51 1:41 25:41	2:28 4:59 27:14	0:52 7:21 28:09	1:18 8:50 29:27	0:31 9:45 29:58	1:14 11:20 31:24	1:52 12:28 33:16	1:08 14:30 34:24	0:45 17:32 35:09	0:29 20:04 35:38	0:26 21:06 36:04	23:08 2:02 36:04	23:46 0:38
13		Patrick Stüdl Altstätten	37:01	1:16 1:09 22:18	0:39 1:33 24:29	1:33 2:17 25:45	0:55 4:31 26:42	1:18 5:57 29:27	0:31 6:31 29:58	1:26 7:37 31:24	1:52 8:47 33:16	1:08 10:38 34:24	0:45 13:54 35:09	0:29 16:15 35:38	0:26 17:14 36:04	20:06 2:52 37:01	21:08 1:02
14		Timo Locher Altstätten	37:14	1:10 1:07 23:44	2:11 1:22 24:55	1:16 2:08 26:07	0:57 4:11 27:10	1:38 5:10 28:37	0:39 5:42 29:01	1:49 6:38 31:07	2:08 9:52 33:03	2:04 11:39 35:18	1:08 15:39 36:22	0:23 18:16 36:49	0:30 19:10 37:14	21:18 2:08 37:14	22:49 1:31
15		Doris Zünd Altstätten	38:16	0:55 1:10 25:24	1:11 1:30 26:46	1:12 2:25 28:33	1:03 4:56 29:44	1:27 6:07 31:13	0:24 6:31 31:51	2:06 7:59 33:22	1:56 9:21 35:55	2:15 11:37 36:53	1:04 15:50 37:35	0:27 18:57 37:50	0:25 20:22 38:16	23:01 2:39 38:16	24:08 1:07
16		Manuela Steiger Altstätten	38:28	1:16 1:02 26:19	1:22 1:41 27:32	1:47 2:50 29:15	1:11 5:38 30:19	1:29 7:30 31:33	0:38 8:20 32:14	1:31 9:43 33:42	2:33 11:21 35:44	0:58 13:28 36:43	0:42 17:54 37:36	0:15 20:26 37:56	0:26 21:24 38:28	23:37 2:13 38:28	25:10 1:33
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19		Vanessa Steiger Altstätten	39:58	1:00 1:30 25:10	1:20 2:15 26:09	2:48 3:33 28:55	0:58 6:24 30:05	1:40 7:55 31:38	0:37 8:28 32:18	1:46 9:45 34:15	2:21 10:53 36:44	1:20 13:21 37:56	1:08 16:55 38:57	0:17 19:40 39:16	0:25 21:02 39:58	23:00 1:58 39:58	24:11 1:11
20		Malte Schnitzler Lüdingen	41:47	0:59 0:52 26:52	0:59 1:54 28:15	2:46 4:29 30:00	1:10 7:10 31:28	1:33 8:28 32:59	0:40 8:57 33:40	1:57 10:26 35:33	2:29 11:34 37:59	1:12 13:45 39:31	1:01 17:47 40:50	0:19 20:42 41:20	0:42 21:56 41:47	24:38 2:42 41:47	25:45 1:07
21		Anja Saxer Altstätten	43:35	1:07 1:06 26:24	1:23 1:37 27:22	1:45 3:02 30:56	1:28 5:34 31:46	1:31 6:38 33:18	0:41 7:51 33:32	1:53 9:04 37:30	2:26 10:13 40:25	1:32 12:56 41:34	1:19 16:43 42:40	0:30 20:28 43:01	0:27 21:31 43:35	23:54 2:23 43:35	25:18 1:24
22		Ursin Eggenberger Altstätten	46:06	1:06 1:17 27:53	0:58 1:52 30:08	3:34 3:10 35:22	0:50 6:14 36:17	1:32 7:44 37:53	0:14 8:26 38:18	3:58 9:36 39:59	2:55 10:38 42:41	1:09 13:43 44:10	1:06 18:50 45:17	0:21 21:45 45:34	0:34 22:54 46:06	25:14 2:20 46:06	26:34 1:20 33:16
23		Niklas Barthelet Altstätten	46:10	1:19 0:49 27:52	2:15 1:31 29:22	5:14 2:25 32:40	0:55 5:00 34:10	1:36 6:18 36:02	0:25 6:53 37:08	1:41 7:58 39:13	2:42 9:20 42:34	1:29 11:58 43:52	1:07 16:34 45:22	0:17 19:49 45:38	0:32 21:33 46:10	24:10 2:37 46:10	26:41 2:31
24		Nando Segmüller Altstätten	46:55	1:11 1:40 27:56	1:30 2:01 29:36	3:18 3:03 32:48	1:30 5:39 34:07	1:52 6:53 36:04	1:06 7:34 37:06	2:05 8:38 39:12	3:21 9:44 42:33	1:18 12:07 43:54	1:30 16:27 45:33	0:16 19:43 46:06	0:32 21:25 46:55	24:26 3:01 46:55	26:40 2:14
25		Rahel Saxer Altstätten	47:55	1:16 1:03 30:34	1:40 1:44 31:43	3:12 3:04 33:58	3:12 6:14 35:16	1:19 7:56 36:54	1:57 9:22 37:58	2:06 10:32 40:59	3:21 12:25 44:31	1:21 14:57 45:51	1:39 20:22 47:02	0:33 23:20 47:28	0:49 24:43 47:55	27:48 3:05 47:55	29:10 1:22
26		Milena Kuster Altstätten	48:40	1:24 1:09 35:12	1:09 2:10 36:11	2:15 4:38 37:35	1:18 10:15 38:22	1:38 11:59 39:44	1:04 12:31 40:53	3:01 14:13 43:18	3:32 15:35 45:52	1:20 18:20 46:44	1:11 24:23 47:55	0:26 28:23 48:13	0:27 30:38 48:40	32:41 2:03 48:40	33:14 0:33

Pl	Stnr	Name	Zeit	Plausch mittel (72)													
				3.1 km 40 Hm 25 P (Forts.)													
				1(86) 15(76)	2(102) 16(61)	3(104) 17(67)	4(87) 18(78)	5(110) 19(80)	6(111) 20(123)	7(109) 21(124)	8(108) 22(126)	9(68) 23(121)	10(69) 24(119)	11(74) 25(120)	12(73) Z	13(72)	14(62)
27		Alisa Buschor Altstätten	49:12	1:20 1:20 30:30 1:07	2:06 0:46 32:32 2:02	3:31 1:25 35:15 2:43	6:13 2:42 37:00 1:45	7:49 1:36 38:52 1:52	8:24 0:35 40:23 1:31	10:12 1:48 42:49 2:26	11:43 1:31 45:21 2:32	14:44 3:01 46:35 1:14	19:39 4:55 48:18 1:43	22:58 3:19 48:44 0:26	24:22 1:24 49:12 0:28	27:26 3:04 50:17 0:30	29:23 1:57
28		Andrina Weber Altstätten	50:17	1:15 1:15 27:35 1:28	1:48 0:33 28:31 0:56	3:07 1:19 31:18 2:47	5:54 2:47 33:00 1:42	7:18 1:24 35:37 2:37	8:09 0:51 36:32 0:55	9:33 1:24 40:21 3:49	11:34 2:01 45:07 4:46	14:06 2:32 47:15 2:08	17:30 3:24 49:00 1:45	20:39 3:09 49:47 0:30	22:12 1:33 50:17 0:30	25:05 2:53 51:17 0:30	26:07 1:02
29		Karin Schneider Altstätten	50:36	2:31 2:31 33:37 1:58	3:18 0:47 34:47 1:10	4:46 1:28 37:03 2:16	8:05 3:19 38:25 1:22	9:50 1:45 40:43 2:18	10:46 0:56 41:33 0:50	12:17 1:31 43:54 2:21	13:43 1:26 47:11 3:17	16:37 2:54 48:29 1:18	21:54 5:17 49:40 1:11	24:51 2:57 50:03 0:23	26:06 1:15 50:36 0:33	28:49 2:43 51:17 0:33	31:39 2:50
30		Kyle Lüthi Altstätten	51:12	2:14 2:14 33:03 1:18	3:04 0:50 34:25 1:22	4:42 1:38 37:04 2:39	7:22 2:40 38:23 1:19	8:41 1:19 40:12 1:49	9:36 0:55 41:16 1:04	11:06 1:30 43:22 2:06	13:00 1:54 47:07 3:45	15:53 2:53 48:39 1:32	21:35 5:42 50:08 1:29	25:34 3:59 50:31 0:23	27:16 1:42 51:12 0:41	30:12 2:56 51:12 0:41	31:45 1:33
31		Tobias Lüthi Altstätten	51:23	2:16 2:16 33:09 1:23	3:04 0:48 34:25 1:16	4:39 1:35 37:01 2:36	6:58 2:19 38:18 1:17	8:33 1:35 40:10 1:52	9:39 1:06 41:11 1:01	11:11 1:32 43:28 2:17	12:45 1:34 47:11 3:43	15:53 3:08 48:43 1:32	21:40 5:47 50:07 1:24	25:37 3:57 50:42 0:35	27:24 1:47 51:23 0:41	30:20 2:56 51:23 0:41	31:46 1:26
32		Emanuel Garcia Altstätten	51:54	2:38 2:38 33:39 1:31	3:28 0:50 35:05 1:26	5:03 1:35 37:22 2:17	7:23 2:20 38:46 1:24	9:03 1:40 40:40 1:54	10:04 1:01 41:33 0:53	11:32 1:28 43:56 2:23	13:07 1:35 47:42 3:46	16:19 3:12 49:14 1:32	22:04 5:45 50:27 1:13	25:59 3:55 51:10 0:43	27:48 1:49 51:54 0:44	30:40 2:52 51:54 0:44	32:08 1:28
33		Timon Dreher Altstätten	52:07	0:29 0:29 35:23 2:23	0:59 0:30 37:00 1:37	10:59 10:00 38:39 1:39	12:48 1:49 40:01 1:22	13:48 1:00 41:29 1:28	15:18 1:30 42:17 0:48	16:09 0:51 43:37 1:20	17:37 1:28 46:32 2:55	19:47 2:10 48:04 1:32	23:43 3:56 50:15 2:11	27:13 3:30 51:12 0:57	28:39 1:26 52:07 0:55	32:03 3:24 52:07 0:55	33:00 0:57
34		Jasmin Zimmermann Altstätten	52:43	1:12 1:12 36:09 2:22	1:43 0:31 37:40 1:31	11:42 9:59 39:22 1:42	13:31 1:49 40:43 1:21	14:32 1:01 42:02 1:19	16:02 0:50 44:19 0:57	18:11 1:19 47:24 1:20	20:37 2:26 48:43 3:05	24:33 3:56 50:45 1:19	27:50 3:17 51:58 2:02	29:18 1:28 52:43 1:13	32:42 3:24 52:43 0:45	33:47 1:05	
35		Hanna Buschor Altstätten	53:02	1:05 1:05 34:36 2:14	1:41 0:36 35:55 1:19	3:01 1:20 37:45 1:50	6:07 3:06 39:48 2:03	7:32 1:25 41:33 1:45	8:27 0:55 44:22 2:49	10:10 1:43 46:11 1:49	12:30 2:20 49:43 3:32	15:52 3:22 50:36 0:53	20:14 4:22 51:33 0:57	26:27 6:13 52:20 0:47	27:23 0:56 53:02 0:42	29:48 2:25 53:02 0:42	32:22 2:34
36		Luisa Buschor Altstätten	53:07	1:14 1:14 34:43 2:10	1:46 0:32 35:49 1:06	3:07 1:21 37:51 2:02	6:19 3:12 40:01 2:10	7:39 1:20 41:36 1:35	8:30 0:51 44:24 2:48	10:14 1:44 46:18 1:54	12:36 2:22 49:48 3:30	15:10 2:34 50:43 0:55	20:12 5:02 51:39 0:56	26:28 6:16 52:25 0:46	27:27 0:59 53:07 0:42	29:52 2:25 53:07 0:42	32:33 2:41
37		Elis Zecirovic Altstätten	53:12	3:38 3:38 38:28 3:55	4:50 1:12 40:36 2:08	6:48 1:58 41:56 1:20	13:21 6:33 42:51 0:55	15:06 1:45 44:30 1:39	16:16 1:10 45:08 0:38	17:29 1:13 46:58 1:50	19:07 1:38 49:06 2:08	21:31 2:24 51:19 2:13	25:30 3:59 52:31 1:12	29:12 3:42 52:46 0:15	30:42 1:30 53:12 0:26	33:15 2:33 53:12 0:26	34:33 1:18 36:34 *129
38		Nicole Stieger Altstätten	53:16	6:47 6:47 36:43 2:22	7:30 0:43 38:18 1:35	8:52 1:22 40:00 1:42	13:11 4:19 41:16 1:16	15:08 1:57 42:46 1:30	16:13 1:05 43:37 0:51	17:27 1:14 44:57 1:20	18:20 0:53 48:14 3:17	20:35 2:15 49:31 1:17	25:35 5:00 51:15 1:44	28:49 3:14 52:51 1:36	30:16 1:27 53:16 0:25	32:51 2:35 53:16 0:25	34:21 1:30 53:16 *105
39		Corine Stieger Altstätten	54:31	2:06 2:06 33:09 1:38	2:45 0:39 34:50 1:41	4:15 1:30 37:50 3:00	7:40 3:25 39:24 1:34	9:34 1:54 41:35 2:11	10:57 1:23 42:44 1:09	12:25 1:28 47:38 4:54	14:00 1:35 50:58 3:20	16:46 2:46 52:16 1:18	21:02 4:16 53:36 1:20	25:23 4:21 54:10 0:34	26:59 1:36 54:31 0:21	29:51 2:52 54:31 0:21	31:31 1:40
40		Marc Burn Heerbrugg	56:12	1:52 1:52 37:25 1:38	2:38 0:46 38:48 1:23	4:24 1:46 41:54 3:06	12:21 7:57 43:03 1:09	14:06 1:45 44:44 1:41	16:33 0:38 45:50 1:06	17:47 1:49 47:56 2:06	19:47 1:14 51:19 3:23	21:19 3:32 53:24 2:05	26:25 5:06 54:41 1:17	30:04 3:39 55:16 0:35	31:42 1:38 56:12 0:56	34:25 2:43 56:12 0:56	35:47 1:22
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43		Laura Stähli Altstätten	59:30	1:38 1:38 34:48 1:31	2:22 0:44 38:22 3:34	4:05 1:43 40:42 2:20	7:10 3:05 42:19 1:37	8:32 1:22 45:21 3:02	9:22 0:50 45:56 0:35	10:53 1:31 48:19 2:23	12:08 1:15 51:07 2:48	15:39 3:31 57:19 6:12	20:48 5:09 58:42 1:23	24:14 3:26 59:04 0:22	25:03 0:49 59:30 0:26	31:18 6:15 59:30 0:26	33:17 1:59
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45		Benedikt Schöbi Altstätten	:01:53	2:08 2:08 38:43 1:41	3:10 1:02 41:13 2:30	5:12 2:02 44:03 2:50	9:02 3:50 45:37 1:34	11:27 2:25 47:40 2:03	12:36 1:09 49:50 2:10	15:17 2:41 51:43 1:53	17:08 1:51 56:27 4:44	20:13 3:05 57:57 1:30	26:07 5:54 59:32 1:35	29:42 3:35 1:00:44 1:12	32:08 2:26 1:01:53 1:09	35:30 3:22 1:01:53 1:09	37:02 1:32
45		Magdalena Schöbi Altstätten	:01:53	2:09 2:09 38:42 1:39	3:11 1:02 41:14 2:32	5:13 2:02 44:07 2:53	8:58 3:45 45:40 1:33	11:16 2:18 47:40 2:00	12:47 1:31 49:44 2:04	15:17 2:30 52:00 2:16	17:08 1:51 56:23 4:23	20:17 3:09 57:58 1:35	26:07 5:50 1:00:00 2:02	29:49 3:42 1:00:50 0:50	32:09 2:20 1:01:53 1:03	35:25 3:16 1:01:53 1:03	37:03 1:38

Pl	Stnr	Name	Zeit	(Forts.)														
Plausch mittel (72)				3.1 km 40 Hm 25 P														
				1(86)	2(102)	3(104)	4(87)	5(110)	6(111)	7(109)	8(108)	9(68)	10(69)	11(74)	12(73)	13(72)	14(62)	
				15(76)	16(61)	17(67)	18(78)	19(80)	20(123)	21(124)	22(126)	23(121)	24(119)	25(120)	Z			
47		Jakobina Iten Altstätten	:02:20	9:56 9:56 42:53 1:39	13:39 3:43 44:26 1:33	16:02 2:23 47:18 2:52	19:19 3:17 48:30 1:12	20:33 1:14 49:28 0:58	21:41 1:08 49:52 0:24	22:55 1:14 52:31 2:39	24:15 1:20 55:41 3:10	26:52 2:37 58:31 2:50	31:05 4:13 1:00:31 2:00	34:32 3:27 1:01:39 1:08	36:22 1:50 1:02:20 0:41	39:52 3:30 1:02:20 *101	41:14 1:22 5:57 *101	
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