



2e Trophée de la Sionge 2024

Centre Fitness Riaz

(La forêt de la Boquette)

(Les Monts de Riaz)

Classements SCRATCH

Rangliste



VOLTIS ENERGIES

| Clit | No. | Nom et prénom | An. | Domicile | Club / Team | Temps | Écart (Clit) | Cat. |
|-----------------------------|-----|----------------------|------|----------------------|--------------------------|---------|--------------|------|
| SCRATCH Hommes 9,3km | | | | | | | | |
| 1 | 50 | Oberson Robin | 1998 | Le Pâquier-Montbarry | | 33:47.8 | (1) | M20 |
| 2 | 54 | Philipona Alec | 2000 | Rechthalten | AT Rechthalten | 34:07.2 | 19.4 (2) | M20 |
| 3 | 74 | Sobral Filipe | 1984 | Riaz | | 35:30.5 | 1:42.7 (1) | M40 |
| 4 | 55 | Philipona Tristan | 1998 | Rechthalten | AT Rechthalten | 36:07.0 | 2:19.2 (3) | M20 |
| 5 | 52 | Pasquier Philippe | 1992 | Riaz | | 36:10.0 | 2:22.2 (4) | M20 |
| 6 | 115 | Gremaud Lucas | 1997 | Vaulruz | | 36:32.9 | 2:45.1 (5) | M20 |
| 7 | 106 | Andrey Loïc | 2002 | Vuippens | | 36:37.4 | 2:49.6 (6) | M20 |
| 8 | 117 | Glasson François | 1999 | Riaz | | 36:45.9 | 2:58.1 (7) | M20 |
| 9 | 122 | Broillet Christian | 1975 | Corpataux | CAG Farvagny | 37:19.4 | 3:31.6 (2) | M40 |
| 10 | 7 | Bouzon Daniel | 1972 | Lovens | CAG Farvagny | 37:38.9 | 3:51.1 (1) | M50 |
| 11 | 1 | Atienza Daniel | 1974 | Moudon | | 38:03.8 | 4:16.0 (2) | M50 |
| 12 | 100 | Grandjean Johann | 2001 | Morlon | | 39:41.8 | 5:54.0 (8) | M20 |
| 13 | 70 | Sallin Dimitri | 1988 | Villars-Sous-Mont | Dimitri Sallin coaching | 39:44.0 | 5:56.2 (9) | M20 |
| 14 | 64 | Ropraz Samuel | 1985 | Wünnewil | LAT Sense | 39:47.2 | 5:59.4 (10) | M20 |
| 15 | 124 | Mamula Igor | 1992 | La Tour-de-Trême | Croatia AK | 39:47.9 | 6:00.1 (11) | M20 |
| 16 | 26 | Gendre Quentin | 1994 | Broc | CS Broc | 39:48.7 | 6:00.9 (12) | M20 |
| 17 | 60 | Pochon Frédéric | 1973 | Avry-Devant-Pont | Running Club Hauteville | 39:53.9 | 6:06.1 (3) | M50 |
| 18 | 65 | Rossi Etienne | 2004 | Hauteville | Running Club Hauteville | 39:54.8 | 6:07.0 (13) | M20 |
| 19 | 19 | Dessibourg Benoît | 1983 | Fribourg | | 39:58.1 | 6:10.3 (3) | M40 |
| 20 | 107 | Andrey Fabien | 1999 | Vuippens | | 40:06.3 | 6:18.5 (14) | M20 |
| 21 | 42 | Mesot Jean-Pierre | 1969 | Mézières | CS Vallée du Flon | 40:12.4 | 6:24.6 (4) | M50 |
| 22 | 29 | Gobet Gilles | 1983 | Sâles | FSG Sâles | 40:18.1 | 6:30.3 (4) | M40 |
| 23 | 98 | Vieira Amândio | 1985 | Echarlens | | 40:24.2 | 6:36.4 (15) | M20 |
| 24 | 95 | Boschung Jérémy | 2000 | Bulle | | 40:30.3 | 6:42.5 (16) | M20 |
| 25 | 63 | Pythoud Justin | 2001 | Riaz | Jeunesse de Riaz | 40:46.8 | 6:59.0 (17) | M20 |
| 26 | 103 | Chofflon Quentin | 2001 | Romont | | 40:51.5 | 7:03.7 (18) | M20 |
| 27 | 44 | Morand Benoit | 1978 | Broc | Golden Bird Crossfit | 41:04.1 | 7:16.3 (5) | M40 |
| 28 | 118 | Favre Valentin | 1995 | Corpataux | | 41:14.3 | 7:26.5 (19) | M20 |
| 29 | 47 | Murith Manoa | 2008 | Riaz | | 41:20.6 | 7:32.8 (1) | U20M |
| 30 | 9 | Brodard Martin | 2002 | Bulle | Jeunesse de Riaz | 41:25.0 | 7:37.2 (20) | M20 |
| 31 | 111 | Matias Antonio | 1986 | La Roche | CA Portugais de Fribourg | 41:38.7 | 7:50.9 (21) | M20 |
| 32 | 56 | Piller Hoffer Bébert | 1968 | Riaz | SC Riaz | 42:21.3 | 8:33.5 (5) | M50 |
| 33 | 82 | Uldry Sébastien | 1994 | Cugy | | 42:56.9 | 9:09.1 (22) | M20 |
| 34 | 116 | Vugnoz Robin | 1988 | Sorens | Pamphile Team | 44:06.9 | 10:19.1 (23) | M20 |
| 35 | 33 | Heimo Franck | 1994 | Broc | CS Broc | 44:07.2 | 10:19.4 (24) | M20 |
| 36 | 5 | Bochud Frank | 1992 | Bulle | Chauffe les mollets | 44:30.7 | 10:42.9 (25) | M20 |
| 37 | 14 | Clerc Hugo | 2001 | Riaz | Jeunesse de Riaz | 44:31.0 | 10:43.2 (26) | M20 |
| 38 | 34 | Hernandez Daniel | 1980 | Hauteville | | 44:42.7 | 10:54.9 (6) | M40 |
| 39 | 94 | Boschung Sébastien | 1976 | Bulle | | 45:09.8 | 11:22.0 (7) | M40 |
| 40 | 62 | Puertas Simon | 1993 | Bulle | Chauffe les mollets | 45:14.8 | 11:27.0 (27) | M20 |
| 41 | 13 | Chhoudi Nathan | 2001 | Riaz | Jeunesse de Riaz | 45:34.3 | 11:46.5 (28) | M20 |
| 42 | 128 | Charrière Bruno | 1988 | La Tour-de-Trême | | 45:44.2 | 11:56.4 (29) | M20 |
| 43 | 90 | Frossard Ralph | 1988 | Riaz | Team Frozi | 45:44.6 | 11:56.8 (30) | M20 |
| 44 | 11 | Chartron Pierre | 1987 | Bulle | | 46:29.6 | 12:41.8 (31) | M20 |
| 45 | 77 | Taylor James | 1984 | Bulle | CS Le Pâquier | 46:33.3 | 12:45.5 (8) | M40 |



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|------|-----|--------------------|------|-------------------|----------------------|-----------|--------------|------|
| 46 | 67 | Ruffieux Jehan | 2008 | Riaz | | 46:34.9 | 12:47.1 (2) | U20M |
| 47 | 108 | Hayoz Erwin | 1963 | Villarepos | | 46:35.3 | 12:47.5 (6) | M50 |
| 48 | 18 | Depresle Max | 2006 | Bulle | | 46:36.8 | 12:49.0 (3) | U20M |
| 49 | 68 | Rutscho Kilian | 2008 | Riaz | FC Riaz | 46:47.3 | 12:59.5 (4) | U20M |
| 50 | 127 | Bongard Stéphane | 1978 | Riaz | | 47:19.6 | 13:31.8 (9) | M40 |
| 51 | 102 | Pasquier Benoît | 1991 | Riaz | Ronin Team | 47:21.1 | 13:33.3 (32) | M20 |
| 52 | 16 | Defferrard Johann | 2004 | Bulle | PB Bulle | 47:25.7 | 13:37.9 (33) | M20 |
| 53 | 23 | Esseiva Vincent | 1981 | Riaz | | 47:50.0 | 14:02.2 (10) | M40 |
| 54 | 71 | Savary Pierre | 1983 | Riaz | | 48:39.0 | 14:51.2 (11) | M40 |
| 55 | 119 | Gillard Laurent | 1967 | La Tour-de-Trême | B3 Bulle Triathlon | 48:39.9 | 14:52.1 (7) | M50 |
| 56 | 126 | Caldas Miguel | 1985 | Riaz | | 48:43.2 | 14:55.4 (34) | M20 |
| 57 | 97 | Magnin Guy | 1987 | Bulle | CS Marsens | 49:03.1 | 15:15.3 (35) | M20 |
| 58 | 43 | Monney Quentin | 2000 | Marsens | | 49:11.9 | 15:24.1 (36) | M20 |
| 59 | 130 | Dreyer Nicolas | 1984 | Riaz | | 49:42.7 | 15:54.9 (12) | M40 |
| 60 | 101 | Hafen Andreas | 1972 | Oberlatt | TV Oberglatt Ismrün | 49:51.4 | 16:03.6 (8) | M50 |
| 61 | 22 | Dénervaud Valentin | 1988 | Riaz | | 49:56.4 | 16:08.6 (37) | M20 |
| 62 | 6 | Bosson Loïc | 2000 | Riaz | | 50:00.4 | 16:12.6 (38) | M20 |
| 63 | 105 | Magnin Fabrice | 1983 | Bulle | | 50:09.8 | 16:22.0 (13) | M40 |
| 64 | 27 | Gigandet Damien | 1978 | Vex | Tel père telle fille | 52:06.7 | 18:18.9 (14) | M40 |
| 65 | 28 | Giroud Damien | 1989 | Bonnefontaine | | 52:09.2 | 18:21.4 (39) | M20 |
| 66 | 38 | Kapsopoulos Maxime | 1992 | Villars-Sur-Glâne | | 52:19.1 | 18:31.3 (40) | M20 |
| 67 | 104 | Melo Fabio | 1997 | Enney | | 52:20.2 | 18:32.4 (41) | M20 |
| 68 | 96 | Buchs Flavien | 1988 | Bulle | | 52:26.5 | 18:38.7 (42) | M20 |
| 69 | 4 | Bieri Christophe | 1982 | Riaz | | 53:23.6 | 19:35.8 (15) | M40 |
| 70 | 59 | Pittet Romain | 2000 | Bulle | Jeunesse de Riaz | 53:23.9 | 19:36.1 (43) | M20 |
| 71 | 991 | Neichen Sven | 2005 | | | 53:59.7 | 20:11.9 (5) | U20M |
| 72 | 992 | Neichen Boris | 1997 | | | 54:00.8 | 20:13.0 (44) | M20 |
| 73 | 25 | Gachet Vincent | 1997 | Crassier | | 54:50.4 | 21:02.6 (45) | M20 |
| 74 | 121 | Gendre Frédéric | 1974 | Neyruz | | 54:50.9 | 21:03.1 (9) | M50 |
| 75 | 112 | Pasquier Matthieu | 1998 | Riaz | Tinguely Sport | 56:17.9 | 22:30.1 (46) | M20 |
| 76 | 88 | Rickli Eric | 1962 | Fribourg | | 59:44.5 | 25:56.7 (10) | M50 |
| 77 | 93 | Cowley Ken | 1972 | Bulle | IMRA | 1h04:52.0 | 31:04.2 (11) | M50 |
| 78 | 69 | Salemi Julien | 1988 | Bulle | | 1h05:37.0 | 31:49.2 (47) | M20 |
| 79 | 51 | Pasquier Marcel | 1996 | Riaz | | 1h06:09.0 | 32:21.2 (48) | M20 |

SCRATCH Femmes 9,3km

| | | | | | | | | |
|---|-----|--------------------|------|------------------|--------------------------|---------|------------|-----|
| 1 | 73 | Schuwey Mylène | 1995 | Riaz | Trango Sport | 38:05.4 | (1) | F20 |
| 2 | 17 | Delabays Marion | 1997 | Treyvaux | CA Marly | 41:09.2 | 3:03.8 (2) | F20 |
| 3 | 8 | Bouzon Slavka | 1977 | Lovens | CAG Farvagny | 41:33.9 | 3:28.5 (1) | F40 |
| 4 | 113 | Brodard Erika | 1996 | La Roche | CS Le Pâquier | 42:20.7 | 4:15.3 (3) | F20 |
| 5 | 10 | Charrière Gabriela | 1992 | Cerniat | SC Im Fang | 44:24.2 | 6:18.8 (4) | F20 |
| 6 | 125 | Stubby Donna | 1998 | Le Crêt | B3 Bulle | 44:31.9 | 6:26.5 (5) | F20 |
| 7 | 129 | Vionnet Nadine | 1989 | Broc | | 44:36.1 | 6:30.7 (6) | F20 |
| 8 | 46 | Morgado Madalena | 1978 | Courtepin | CA Portugais de Fribourg | 45:49.5 | 7:44.1 (2) | F40 |
| 9 | 21 | Décotterd Alicia | 2004 | La Tour-De-Trême | SA Bulle | 46:09.5 | 8:04.1 (7) | F20 |



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|------|-----|----------------------------|------|----------------------|--------------------------------|-----------|--------------|------|
| 10 | 12 | Chaube Emilie | 2003 | Fiaugères | B3 Bulle Triathlon | 47:24.5 | 9:19.1 (8) | F20 |
| 11 | 39 | Karousatou Georgia | 1980 | Gumefens | SA Bulle | 47:38.5 | 9:33.1 (3) | F40 |
| 12 | 61 | Progin Axelle | 1998 | Le Crêt | B3 Bulle Triathlon | 48:18.5 | 10:13.1 (9) | F20 |
| 13 | 45 | Moreira Stéphanie | 1988 | Bulle | | 48:27.7 | 10:22.3 (10) | F20 |
| 14 | 3 | Bapst Margaux | 1999 | Hauteville | | 48:28.4 | 10:23.0 (11) | F20 |
| 15 | 92 | Oberson Isabelle | 1972 | Bulle | | 49:11.0 | 11:05.6 (1) | F50 |
| 16 | 36 | Jenni Loreline | 2006 | Sorens | VBC Bulle | 50:03.3 | 11:57.9 (1) | U20W |
| 17 | 32 | Gremaud Anna | 2003 | Echarlens | B3 Bulle Triathlon | 50:40.8 | 12:35.4 (12) | F20 |
| 18 | 99 | Dupasquier Nadine | 1989 | La Tour-de-Trême | | 51:13.6 | 13:08.2 (13) | F20 |
| 19 | 20 | Dreyer Justine | 1988 | Riaz | | 51:22.1 | 13:16.7 (14) | F20 |
| 20 | 89 | Frossard Anne | 1989 | Riaz | Team Frozi | 51:36.3 | 13:30.9 (15) | F20 |
| 21 | 31 | Gonzalez Silvia | 1982 | Hauteville | | 52:42.5 | 14:37.1 (4) | F40 |
| 22 | 75 | Sobral Ivone | 1986 | Riaz | | 52:52.3 | 14:46.9 (16) | F20 |
| 23 | 114 | Fragnière Ursula | 1968 | Vuadens | | 53:40.1 | 15:34.7 (2) | F50 |
| 24 | 48 | Nissille Morgane | 1999 | Villars-Sous-Mont | Trilogie Sport/Sallin coaching | 53:46.9 | 15:41.5 (17) | F20 |
| 25 | 110 | Piller Hoffer Leonie | 2005 | Riaz | SC Riaz | 53:47.7 | 15:42.3 (2) | U20W |
| 26 | 85 | Wohlhauser Elodie | 1986 | Arconciel | CAG Farvagny | 53:53.8 | 15:48.4 (18) | F20 |
| 27 | 72 | Schneider Maëva | 2003 | Riaz | Jeunesse de Riaz | 53:57.3 | 15:51.9 (19) | F20 |
| 28 | 80 | Tinguely Laetitia | 2000 | Pont-La-Ville | | 53:58.5 | 15:53.1 (20) | F20 |
| 29 | 79 | Tinguely Céline | 1999 | Hauteville | | 54:08.7 | 16:03.3 (21) | F20 |
| 30 | 49 | Oberson Marie | 2005 | Le Pâquier-Montbarry | Siuuuuuu | 54:35.8 | 16:30.4 (3) | U20W |
| 31 | 81 | Torres Ortiz Ethel Mijaila | 1983 | Bulle | | 55:49.5 | 17:44.1 (5) | F40 |
| 32 | 76 | Sprenger Emmanuelle | 1974 | Riaz | | 55:59.5 | 17:54.1 (3) | F50 |
| 33 | 86 | Yerly Justine | 1995 | Fribourg | | 56:03.2 | 17:57.8 (22) | F20 |
| 34 | 2 | Baeriswyl Amélie | 1988 | Courtepin | | 56:04.4 | 17:59.0 (23) | F20 |
| 35 | 37 | Juban Anaïs | 1987 | Villarbeney | | 56:31.8 | 18:26.4 (24) | F20 |
| 36 | 41 | Magnin Elodie | 2006 | Corbières | Running Club Hauteville | 56:39.5 | 18:34.1 (4) | U20W |
| 37 | 40 | Kisenga Bruderer Géraldine | 1987 | Riaz | | 57:04.7 | 18:59.3 (25) | F20 |
| 38 | 123 | Gremaud Jessica | 1993 | Grandvillard | | 57:05.1 | 18:59.7 (26) | F20 |
| 39 | 66 | Roulin Ioana | 1986 | Bulle | | 57:17.6 | 19:12.2 (27) | F20 |
| 40 | 83 | Vasserot Noémie | 2004 | Hauteville | | 57:55.5 | 19:50.1 (28) | F20 |
| 41 | 91 | Ecoffey Cindy | 1982 | Villars-Sous-Mont | | 57:56.7 | 19:51.3 (6) | F40 |
| 42 | 24 | Françoise Maëva | 2004 | Fiaugères | | 59:28.3 | 21:22.9 (29) | F20 |
| 43 | 53 | Perrinjaquet Déborah | 1974 | Mézières | CS Vallée du Flon | 59:45.6 | 21:40.2 (4) | F50 |
| 44 | 78 | Terrasson Alessia | 1973 | Riaz | | 1h00:36.2 | 22:30.8 (5) | F50 |
| 45 | 57 | Pinho Christine | 1970 | Farvagny | CAG Farvagny | 1h01:55.8 | 23:50.4 (6) | F50 |
| 46 | 87 | Zosso Geraldine | 1973 | Matran | | 1h02:33.7 | 24:28.3 (7) | F50 |
| 47 | 84 | Vauthey Muriel | 2004 | Remaufens | | 1h06:07.9 | 28:02.5 (30) | F20 |
| 48 | 15 | D'andrea Tamara | 2006 | Broc | Collège du Sud | 1h06:08.4 | 28:03.0 (5) | U20W |
| 49 | 120 | Gendre Céline | 1977 | Neyruz | | 1h07:10.5 | 29:05.1 (7) | F40 |