



## Results und ranking

### 3. Swiss FSA Contest 2019 - 24. August CrossFit Bern

Strongman													
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley	Rang
1	Gysin	Ramon	300 kg	1	130 kg - 44:29s	1	42:00s	3	47.70m	< 90sec	1	113.20sec	1
2	Germann	Chris	260 kg	4	120 kg - 27:55s	3	45:00s	1	21.00m	< 90sec	5	5 bags	2
3	Bucci	Leonardo	250 kg	5	130 kg - 66:74s	2	35:00s	5	34.20m	< 90sec	3	5 bags	2
4	Beer	Marc	240 kg	6	120 kg - 64:74s	6	44:00s	2	34.90m	< 90sec	2	5 bags	2
5	Mathys	Anthony	280 kg	2	110 kg - 29:97s	7	38:00s	4	32.40m	< 90sec	4	5 bags	2
6	Sester	Jeff	265 kg	3	120 kg - 39:25s	4	31:00s	6	10.00m	< 90sec	6	2 bags	6
7	Calderara	Stan	230 kg	7	120 kg - 52:91s	5	23:00s	7	9.50m	< 90sec	7	2 bags	6

Newcomer Open													
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley	Rang
1	Fröhlich	Dominik	260 kg	1	120 kg - 62:27s	1	74.60s	1	63.00m	< 90sec	1	5 bags	6
2	Fehr	Sebastian	250 kg	3	120kg - 89:17s	2	56.10s	5	60.00m	< 90sec	2	54.50sec	2
3	Roth	Ewan	250 kg	3	100 kg - 26:39	5	55.10s	6	55.00m	< 90sec	3	51:00sec	1
4	Moser	Lukas	255 kg	2	110 kg - 69:08s	4	64.90s	3	43.30m	< 90sec	7	70:50sec	5
5	Mösli	Timo	235 kg	5	110 kg - 44:98s	3	64.70s	4	52.40m	< 90sec	4	5bags	6
6	Chenau	Roger	225 kg	7	100 kg - 37:21s	6	73.10s	2	46.40m	< 90sec	6	57.90sec	3
7	Norton	Anthony	235 kg	5	90 kg - 14:78s	8	44.30s	7	50.00m	< 90sec	5	62.20sec	4
8	Säuberli	Marc	210 kg	8	100 kg - 38:05s	7	43.80s	8	30.00m	< 90sec	8	5 bags	6



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Newcomer <105 kg														
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley		Rang
1	Messerli	Ludo	280 kg	1	90 kg - 12:09s	5	59.00s	2	43.10m	< 90sec	2	54.30sec		2
2	Cirone	Luca	260 kg	3	110 kg - 59:44s	2	52.60s	3	50.00m	< 90sec	1	71.10sec		3
3	Rüegsegger	Frantz	210 kg	5	110 kg - 43:31s	1	38.60s	5	37.80m	< 90sec	3	54.10sec		1
4	Ayer	Christopher	265 kg	2	100 kg - 45:27s	4	61.40s	1	35.40m	< 90sec	4	2 bags		5
5	Weisbrod	Rolf	215 kg	4	100 kg - 34:21s	3	43.20s	4	11.80m	< 90sec	5	94.10sec		4

Newcomer <90 kg														
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley		Rang
1	Africa	Ross	220 kg	3	110 kg - 41:65s	1	46.60s	5	70.00m	< 90sec	2	43.20sec		1
2	Scheidegger	Luca	185 kg	6	100 kg - 62:28s	6	62.50s	1	83.30m	< 90sec	1	63.04sec		3
3	Rubino	Enzo	210 kg	4	110 kg - 47:78s	2	61.00s	3	50.60m	< 90sec	4	69.40sec		4
4	Bard	Basil	200 kg	5	110 kg - 57:35s	3	45.70s	6	54.10m	< 90sec	3	51.40sec		2
5	Bächli	Marco	225 kg	2	100 kg - 41:21s	4	62.40s	2	40.00m	< 90sec	6	5 bags		6
6	Grob	Dominik	240 kg	1	90 kg - 25:68s	7	55.03s	4	44.60m	< 90sec	5	75.40sec		5
7	Koifman	Johnathan	185 kg	6	100 kg - 56:85s	5	44.20s	7	22.40m	< 90sec	7	5 bags		6



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Strongwoman														
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley		Rang
1	Mathes	Hanna	150 kg	3	66:03 sec	1	63:00s	1	90.00m	< 90sec	1	77.40 sec		1
2	Küng	Larissa	180 kg	1	72.5 kg	2	56:00s	2	57.00m	< 90sec	2	2 bags		2
3	Biswas	Andrea	170 kg	2	57.5 kg - 25:25s	4	49:00s	3	30.00m	< 90sec	3	2 bags		2
4	Hatt	Alicia	120 kg	4	57.5 kg - 25:00s	3	37:00s	4	0	< 90sec	4	2 bags		2

New Strongwoman														
Gesamt Rang	Name	Vorname	Deadlift	Rang	Overhead Medley	Rang	Front Hold	Rang	Husfel Stone		Rang	Sandbag Medley		Rang
1	Abramides	Tatjana	150 kg	1	39:75 sec	1	91:00s	1	57.50m	< 90sec	4	5 bags		3
2	Waterhouse	Krystyna	150 kg	1	45:00 ssc	2	82:00s	3	70.00m	< 90sec	2	63.40sec		2
3	Lampert	Olivia	145 kg	3	47.5 kg	4	85:00s	2	100.00m	< 90sec	1	57.60sec		1
4	Bräutigam	Linda	110 kg	4	55.0 kg	3	54:00s	4	58.30m	< 90sec	3	2 bags		4