



Results und Ranking
1. Swiss FSA Contest 2024 - 25. Mai CrossFit Bern

Strongman																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 100/110/120/130kg	Rank	Farmers Walk 2x15m / max 90s	150kg	130kg	Rank	PigFlip max 60s / reps <i>Equipment broken</i>	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 110kg/ Prowler	Rank
1	10	Kevin	Mendes	CH	138 / >105	335kg	2	2 reps @ 130kg	1	35 sec	x		1	-	0	71 sec	6
2	13.5	Marc	Bischof	CH	108 / <105	330kg	3.5	1 rep @ 130kg	3	87 sec	x		3	-	0	56 sec	4
3	15	Zoltan	Vargan	CH	142 / >105	330kg	3.5	1 rep @ 120kg	6.5	36 sec	x		2	-	0	55 sec	3
4	16	George	Paunovic	CH	146 / >105	352,5kg *	1	1 rep @ 130kg	3	0.02m	x		7	-	0	65 sec	5
5	18.5	Romain	Dubugnon	CH	102 / <105	320kg	5	1 rep @ 120kg	6.5	11.02m	x		5	-	0	54 sec	2
6	22.5	Loic	Schalbetter	CH	112 / >105	265kg	8	1 rep @ 110kg	7.5	4.46m	x		6	-	0	48 sec	1
7	23	Jonas	Bertschinger	CH	98 / <105	280kg	7	2 reps @ 120kg	5	18.21m	x		4	-	0	40.5 m	7
8	25	Jeff	Sester	CH	116 / >105	305kg	6	1 rep @ 130kg	3	0.01m	x		8	-	0	40 m	8

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Newcomer Strongman																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 80/90/100/110kg	Rank	Farmers Walk 2x15m / max 90s	110kg	120kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 90kg/ Prowler	Rank
1	8	Yacine	Monnard	CH	134 / >105	265kg	1	1 rep @ 110kg	1	41sec		x	2	20	2	59 sec	2
2	15.5	Walid	Elsayed	CH	107 / <105	255kg	4	2 reps @ 90kg	5.5	43sec		x	3	20	2	56 sec	1
3	19	Jeff	Popham	BU	132 / >105	220kg	7	1 rep @ 100kg	3.5	39sec		x	1	18	4.5	73 sec	3
4	23.5	Patrick	Mathys	CH	119 / >105	255kg	4	2 reps @ 100kg	2	3.55m		x	6	18	4.5	44 m	7
5	26	Elie	Colin	FR	85 / <90	260kg	2	2 reps @ 80kg	9	3.37m		x	5	20	2	36.5 m	8
6	29	Ludovic	Massamba	CH	137 / >105	255kg	4	1 rep @ 90kg	7.5	21.9m		x	4	14	7.5	87 sec	6
7	29.5	Ko	Kleppe	NL	106 / <105	200kg	9	1 rep @ 100kg	3.5	26sec	x		7	16	6	81 sec	4
8	36	Adrien	Frosio	CH	99.4 / <105	190kg	10	2 reps @ 90kg	5.5	39sec	x		8	14	7.5	85 sec	5
9	40.5	Alexander	Miletic	CH	141 / >105	230kg	6	1 rep @ 90kg	7.5	1m	x		9	13	9	30 m	9
	injured	Tobias	Heyl	DE	99 / <105	210kg	8	injured		injured				injured		injured	



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Strongwoman																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead 75s / reps 40/50/60/70kg	Rank	Farmers Walk 2x15m / 90s	90kg	70kg	Rank	PigFlip 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull 90s Bag 70kg/ Prowler	Rank
1	10	Celine	Bohnenblust	CH	67 / <64kg	140	2	2 reps @ 70 kg	2	29,5 sec		x	2	8 reps	2	44m	2
Guest	5	Layla	Racine	CH	79	195	1	6 reps @ 70kg	1	24 sec	x		1	13 reps	1	71 sec	1

Newcomer Strongwoman																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead 75s / reps 35/40/45/50kg	Rank	Farmers Walk 2x15m / 90s	70kg	50kg	Rank	PigFlip 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull 90s Bag 45kg/ Prowler	Rank
1	5	Sarah	Amblard	CH	88	140kg	1	6 reps @ 50kg	1	70 sec	x		1	11 reps	1	41.3 sec	1
2	10	Mimi	Herzog	CH	83	125kg	2	3 reps @ 50kg	2	22.2 m	x		2	10 reps	2	36.7 m	2
3	15	Fabienne	Bollonay	CH	67	100kg	3	1 rep @ 50kg	3	-	x		3	9 reps	3	38.0 m	3



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Strongman OPEN - Ranking per category																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 100/110/120/130kg	Rank	Farmers Walk 2x15m / max 90s	150kg	130kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 110kg/ Prowler	Rank
1	8	Kevin	Mendes	CH	138 / >105	335kg	2	2 reps @ 130kg	1	35 sec	x	0	1	-		71 sec	4
2	10.5	George	Paunovic	CH	146 / >105	352,5kg *	1	1 rep @ 130kg	2.5	0.02m	x	0	4	-		65 sec	3
3	11	Zoltan	Vargan	CH	142 / >105	330kg	3	1 rep @ 120kg	4	36 sec	x	0	2	-		55 sec	2
4	14	Loic	Schalbetter	CH	112 / >105	265kg	5	1 rep @ 110kg	5	4.46m	x	0	3	-		48 sec	1
5	16.5	Jeff	Sester	CH	116 / >105	305kg	4	1 rep @ 130kg	2.5	0.01m	x	0	5	-		40 m	5

Strongman <105 - Ranking per category																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 100/110/120/130kg	Rank	Farmers Walk 2x15m / max 90s	150kg	130kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 110kg/ Prowler	Rank
1	5	Marc	Bischof	CH	108 / <105	330kg	1	1 rep @ 130kg	1	87 sec	x	0	1	-		56 sec	2
2	9	Romain	Dubugnon	CH	102 / <105	320kg	2	1 rep @ 120kg	3	11.02m	x	0	3	-		54 sec	1
3	10	Jonas	Bertschinger	CH	98 / <105	280kg	3	2 reps @ 120kg	2	18.21m	x	0	2	-		40.5 m	3



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Newcomer Strongman OPEN - Ranking per category																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 80/90/100/110kg	Rank	Farmers Walk 2x15m / max 90s	140kg	120kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 90kg/ Prowler	Rank
1	6	Yacine	Monnard	CH	134 / >105	265kg	1	1 rep @ 110kg	1	41sec		x	2	20	1	59 sec	1
2	13.5	Jeff	Popham	BU	132 / >105	220kg	5	1 rep @ 100kg	3	39sec		x	1	18	2.5	73 sec	2
3	15	Patrick	Mathys	CH	119 / >105	255kg	2.5	2 reps @ 100kg	2	3.55m		x	4	18	2.5	44 m	4
4	17	Ludovic	Massamba	CH	137 / >105	255kg	2.5	1 rep @ 90kg	4.5	21.9m		x	3	14	4	87 sec	3
5	23.5	Alexander	Miletic	CH	141 / >105	230kg	4	1 rep @ 90kg	4.5	1m	x		5	13	5	30 m	5

Newcomer Strongman <105 - Ranking per category																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 80/90/100/110kg	Rank	Farmers Walk 2x15m / max 90s	140kg	120kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 90kg/ Prowler	Rank
1	6.5	Walid	Elsayed	CH	107 / <105	255kg	1	2 reps @ 90kg	2.5	43sec		x	1	20	1	56 sec	1
2	10	Ko	Kleppe	NL	106 / <105	200kg	3	1 rep @ 100kg	1	26sec	x		2	16	2	81 sec	2
3	15.5	Adrien	Frosio	CH	99.4 / <105	190kg	4	2 reps @ 90kg	2.5	39sec	x		3	14	3	85 sec	3
2	injured	Tobias	Heyl	DE	99 / <105	210kg	2	injured		injured				injured		injured	

Newcomer Strongman <90 - Ranking per category																	
Ranking	Total points	First name	Last Name	Nation	Bodyweight / Category	Deadlift - Max Weight	Rank	Axle Bar Ground 2 Overhead max 75s / reps 80/90/100/110kg	Rank	Farmers Walk 2x15m / max 90s	140kg	120kg	Rank	PigFlip max 60s / reps	Rank	Sandbag Carry + Prowler Push & Hand over pull max 90s Bag 90kg/ Prowler	Rank
1	5	Elie	Colin	FR	85 / <90	260kg	1	2 reps @ 80kg	1	3.37m		x	1	20	1	36.5 m	1