



Results und Ranking
3. Swiss FSA Contest 2024 - 31. August - CrossFit Basel

Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 100+60 110+70 120+80 130+90	Strongman				Rank	Atlas Stone to platform (75s amrap) 160/140/120kg	Rank	Frame carry (with straps) (Max distance in 45s) 400/350kg	Rank	Sandbag & Keg Carry (90s amrap) 300 SB + 100 Keg	Rank
									Rank	Axle Bar Deadlift Ladder (60s amrap)	240 260 280 300 320								
1	11.5	Zoltan	Varga	CH	142	Open	120kg Log	x		4	2 reps 280kg	x	3.5	2 reps 160kg	2	30:18m @ 350kg	1	2nd SB - 300 - 6.40m	1
2	12	George	Paunovic	CH	148	Open	130kg Log	x		1	1 rep 300kg	x	1	1 rep 160kg	3	14:33m @ 350kg	3	1st SB - 300 - 20.00m	4
3	16	Kevin	Mendes	CH	140	Open	120kg Log	x		4	2 reps 280kg	x	3.5	2 reps 140kg	4	27:59m @ 350kg	2	2nd keg 100 - 20.00m	2.5
4	18.5	Max	Lindemann	US	116	Open	120kg Log	x		4	3 reps 280kg	x	2	5 reps 160kg	1	no rep	5.5	no rep	6
5	20.5	Jonas	Bertschinger	CH	85	<90	120kg Log	x		4	2 reps 260kg	x	5	1 rep 140kg	5	8:80m @ 350kg	4	2nd keg 100 - 20.00m	2.5
6	26.5	Jeff	Sester	CH	115	Open	120kg Log	x		4	1 rep 260kg	x	6	no rep	6	no rep	5.5	1st keg 100 - 20.00m	5



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Newcomer Strongman Open - Ranking per category																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 80+40 90+50 95+57 100+60	Rank	Axle Bar Deadlift Ladder (60s amrap)	OPEN 170 190 210 230 250	Rank	Atlas Stone to platform (75s amrap) O: 120/110/100kg 105: 110/100/90kg 90: 100/90/80kg	Rank	Frame carry (with straps) (Max distance in 45s) O: 320/280kg 105: 290/250kg 90: 260/220kg	Rank	Sandbag & Keg Carry (90s amrap) O: 250 SB + 90 Keg 105: 200 SB + 80 Keg 90: 200 SB + 70 Keg	Rank
1	7	Yacine	Monnard	CH	132	Open	Log 100kg	x	1	230kg	x	1	2 reps 120kg	1	10.78m @ 280kg	3	2nd SB 250 - 5.50m	1
2	14	Alexander	Miletic	CH	125	Open	CD 50kg	x	3	210kg	x	2	1 rep 120kg	2	8.30m @ 280kg	4	1st SB 250 - 2.40m	3
3	25	Olivier	Sutter	CH	118	Open	Log 95kg	x	2	190kg	x	3	4 reps 110kg	3	no rep	15	2nd SB 250 - 0.90m	2
4	31	David	Grossen	CH	111	Open	no rep	x	4	170kg	x	4	no rep	4	no rep	15	1st Keg 90 - 10,90m	4

Newcomer Strongman <105 - Ranking per category																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 70+38.5 80+40 85+50 90+57	Rank	Axle Bar Deadlift Ladder (60s amrap)	<105 150 170 190 210 230	Rank	Atlas Stone to platform (75s amrap) O: 120/110/100kg 105: 110/100/90kg 90: 100/90/80kg	Rank	Frame carry (with straps) (Max distance in 45s) O: 320/280kg 105: 290/250kg 90: 260/220kg	Rank	Sandbag & Keg Carry (90s amrap) O: 250 SB + 90 Keg 105: 200 SB + 80 Keg 90: 200 SB + 70 Keg	Rank
1	7	Joe	Hintermann	CH	105	<105	83 sec	x	1	31:19s	x	1	9 reps 110kg	2	28.73m @ 290kg	2	2nd SB 200 - 39.00m	1
2	8.5	Nathan	Tomsett	CH	105	<105	Log 90kg	x	2.5	34:07s	x	2	10 reps 110kg	1	12.97m @ 290kg	1	2nd SB 200 - 37.40m	2
3	22.5	Walid	Elsayed	CH	103	<105	CD 40kg	x	2.5	48:24s	x	4	7 reps 110kg	3	45.60m @ 250kg	3	2nd SB 200 - 20.00m	3
4	29	Jvan	Fioretti	CH	107	<105	2 reps CD 40kg	x	5	41.16s	x	3	3 reps 110kg	5	5.54m @ 250kg	4	1st SB 200 - 8.90m	5
5	32.5	Ko	Kleppe	CH	103	<105	Log 90kg	x	4	190kg	x	5.5	5 reps 110kg	4	no rep	5.5	2nd SB 200 - 5.40m	4
6	38.5	Mario	Novak	CH	102	<105	CD 38.5kg	x	6	190kg	x	5.5	2 reps 110kg	6	no rep	5.5	1st SB 200 - 7.40m	6

Newcomer Strongman <90 - Ranking per category																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 60+32 70+38.5 75+40 80+50	Rank	Axle Bar Deadlift Ladder (60s amrap)	<90 130 150 170 190 210	Rank	Atlas Stone to platform (75s amrap) O: 120/110/100kg 105: 110/100/90kg 90: 100/90/80kg	Rank	Frame carry (with straps) (Max distance in 45s) O: 320/280kg 105: 290/250kg 90: 260/220kg	Rank	Sandbag & Keg Carry (90s amrap) O: 250 SB + 90 Keg 105: 200 SB + 80 Keg 90: 200 SB + 70 Keg	Rank
1	16.5	Ewan	Roth	CH	86	<90	2 reps CD 40kg	x	3	22:51s	x	1	9 reps 100kg	4.5	22.27m @ 260kg	3	2nd SB 200 - 56.40m	1
2	18.5	Simon	Küng	CH	85	<90	80 sec	x	1	33:70s	x	3	10 reps 100kg	2.5	19.80m @ 260kg	4	2nd SB 200 - 26.40m	4
3	21	Elie	Colin	CH	84	<90	Log 80kg	x	2	23:55s	x	2	8 reps 100kg	6	13.35m @ 260kg	5	2nd SB 200 - 43.20m	2
4	24	Mikail	Levassuer	CH	87	<90	CD 40kg	x	4.5	190kg	x	5	10 reps 100kg	2.5	29.30m @ 260kg	2	2nd SB 200 - 7.00m	6
5	25.5	Karim	Kaufmann	CH	93	<90	CD 38.5kg	x	7	49:66s	x	4	9 reps 100kg	4.5	33.40m @ 260kg	1	2nd SB 200 - 21.20m	5
6	29.5	Max	Kindelmann	CH	90	<90	CD 40kg	x	4.5	2 reps 170kg	x	6	11 reps 100kg	1	no rep	7	2nd SB 200 - 35.00m	3
7	39	Nelson	Moser	CH	75	<90	2 reps CD 38.5kg	x	6	2 reps 150kg	x	7	3 reps 100kg	7	10.42m @ 220kg	6	2nd Keg 70 - 1.00m	7



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Strongwoman																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <82, <73, <64)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 40+20 45+23.5 50+28 55+32	Rank	Axle Bar Deadlift Ladder (60s amrap)	100 115 130 145 160	Rank	Atlas Stone to platform (75s amrap) 80/70/60kg	Rank	Frame carry (with straps) (Max distance in 45s) 190/160kg	Rank	Sandbag & Keg Carry (90s amrap) 200 SB + 70 Keg	Rank
1	7	Daniela	Niklaus	CH	65	<73	77 sec	x	1	49s	x	1	1 rep 80kg	2	20:95m @ 190kg	2	1st SB 200 - 20.00m	1
2	10	Sarah	Amblard	CH	90	Open	28kg CB	x	2	81s	x	2	2 reps 70kg	3	29:30m @190kg	1	1st SB 200 - 12.00m	2
3	13	Emily	Kay	CH	75	<82	45kg Log	x	3	145 kg	x	3	4 reps 80kg	1	13:51m @ 190kg	3	1st Keg 70kg - 20.0m	3

Newcomer Strongwoman																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	no categories	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 23+15 28+20 33+23.5 38+25	Rank	Axle Bar Deadlift Ladder (60s amrap)	80 90 100 110 120	Rank	Atlas Stone to platform (75s amrap) 60/50/40kg	Rank	Frame carry (with straps) (Max distance in 45s) 150/120kg	Rank	Sandbag & Keg Carry (90s amrap) 150 SB + 60 Keg	Rank
1	8	Zahra	Seewer	CH	81		78 sec	x	3	27s	x	1.5	8 reps 60kg	1.5	50:00m @150kg	1	2nd SB 150 - 40.00m	1
2	10.5	Rahel	Wiesendanger	CH	70		72 sec	x	1	28s	x	3	8 reps 60kg	1.5	46:85m @150kg	3	2nd SB 150 - 35.80m	2
3	14.5	Olivia	Hartmann	CH	95		38kg Log	x	5	27s	x	1.5	5 reps 60kg	3	47:75m @150kg	2	2nd SB 150 - 20.00m	3
4	23.5	Karin	Keusen	CH	68		73 sec	x	2	69s	x	6	2 reps 60kg	4.5	13:85m @150kg	4	2nd SB 150 - 4.50m	7
5	25.5	Fabienne	Bolomey	CH	65		38kg Log	x	5	110 kg	x	7	2 reps 60kg	4.5	52:90m @120kg	5	2nd Keg 60 - 18.70m	4
6	29	Vanessa	Abegg	CH	73		7 rep / 28kg Log	x	6	29s	x	4	5 reps 50kg	7	43:35m @120kg	6	2nd Keg 60 - 8.50m	6
7	30	Beate	Heizmann	CH	78		38kg Log	x	5	63s	x	5	3 reps 50kg	8	28:20m @150kg	7	2nd Keg 60 - 14.00m	5
8	37	Donatella	Cirocco	CH	75		3 reps / 28kg Log	x	7	90 kg	x	8	1 rep 60kg	6	no rep	8	1st Keg 60 - 18.50m	8



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Strongman Open - Ranking per category																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 100+60 110+70 120+80 130+90	Rank	Axle Bar Deadlift Ladder (60s amrap)	240 260 280 300 320	Rank	Atlas Stone to platform (75s amrap) 160/140/120kg	Rank	Frame carry (with straps) (Max distance in 45s) 400/350kg	Rank	Sandbag & Keg Carry (90s amrap) 300 SB + 100 Keg	Rank
1	11.5	Zoltan	Varga	CH	142	Open	120kg Log	x	4	2 reps 280kg	x	3.5	2 reps 160kg	2	30:18m @ 350kg	1	2nd SB - 300 - 6.40m	1
2	12	George	Paunovic	CH	148	Open	130kg Log	x	1	1 rep 300kg	x	1	1 rep 160kg	3	14:33m @ 350kg	3	1st SB - 300 - 20.00m	4
3	15.5	Kevin	Mendes	CH	140	Open	120kg Log	x	4	2 reps 280kg	x	3.5	2 reps 140kg	4	27:59m @ 350kg	2	2nd keg 100 - 20.00m	2
4	18.5	Max	Lindemann	US	116	Open	120kg Log	x	4	3 reps 280kg	x	2	5 reps 160kg	1	no rep	5.5	no rep	6
5	25.5	Jeff	Sester	CH	115	Open	120kg Log	x	4	1 rep 260kg	x	6	no rep	5	no rep	5.5	1st keg 100 - 20.00m	5

Strongman <90 - Ranking per category																		
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <<105, <<90)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 100+60 110+70 120+80 130+90	Rank	Axle Bar Deadlift Ladder (60s amrap)	240 260 280 300 320	Rank	Atlas Stone to platform (75s amrap) 160/140/120kg	Rank	Frame carry (with straps) (Max distance in 45s) 400/350kg	Rank	Sandbag & Keg Carry (90s amrap) 300 SB + 100 Keg	Rank
1	5	Jonas	Bertschinger	CH	85	<90	120kg Log	x	1	2 reps 260kg	x	1	1 rep 140kg	1	8:80m @ 350kg	1	2nd keg 100 - 20.00m	1



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Strongwoman Open - Ranking per category

Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <82, <73, <64)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 40+20 45+23.5 50+28 55+32	Rank	Axle Bar Deadlift Ladder (60s amrap)	100 115 130 145 160	Rank	Atlas Stone to platform (75s amrap) 80/70/60kg	Rank	Frame carry (with straps) (Max distance in 45s) 190/160kg	Rank	Sandbag & Keg Carry (90s amrap) 200 SB + 70 Keg	Rank
1	5	Sarah	Amblard	CH	90	Open	28kg CB	x	1	x	1	2 reps 70kg	1	29:30m @190kg	1	1st SB 200 - 12.00m	1	

Strongwoman <82 - Ranking per category

Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <82, <73, <64)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 40+20 45+23.5 50+28 55+32	Rank	Axle Bar Deadlift Ladder (60s amrap)	100 115 130 145 160	Rank	Atlas Stone to platform (75s amrap) 80/70/60kg	Rank	Frame carry (with straps) (Max distance in 45s) 190/160kg	Rank	Sandbag & Keg Carry (90s amrap) 200 SB + 70 Keg	Rank
1	5	Emily	Kay	CH	75	<82	45kg Log	x	1	145 kg	x	1	4 reps 80kg	1	13:51m @ 190kg	1	1st Keg 70kg - 20.0m	1

Strongwoman <73 - Ranking per category

Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <82, <73, <64)	Log & Circus Dumbbell GTOH Ladder (90s amrap)	1 rep each 40+20 45+23.5 50+28 55+32	Rank	Axle Bar Deadlift Ladder (60s amrap)	100 115 130 145 160	Rank	Atlas Stone to platform (75s amrap) 80/70/60kg	Rank	Frame carry (with straps) (Max distance in 45s) 190/160kg	Rank	Sandbag & Keg Carry (90s amrap) 200 SB + 70 Keg	Rank
1	5	Daniela	Niklaus	CH	65	<73	77 sec	x	1	49s	x	1	1 rep 80kg	1	20:95m @ 190kg	1	1st SB 200 - 20.00m	1