







45th International



For Teams of Three

15th – 17th March 2024 Grindelwald

Official Programme and Entry Instructions

Julius Bär

Balgrist

University Hospital



dsm-firmenich





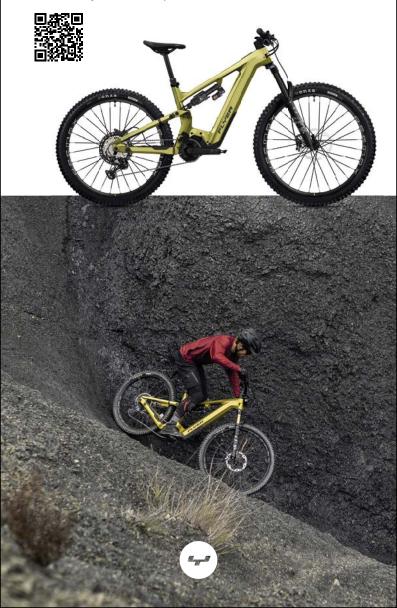






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45th International SAS Pentathlon

Dear Pentathletes! Welcome to the 45th SAS International Pentathlon! At the time of my writing this introduction, winter has arrived with plenty of snow, and the Organizing Committee is progressing well in preparing for the next SAS Pentathlon. We look very much forward to welcoming you and our honorary guest

Selina Gasparin

Selina is Switzerland's most successful biathlete. While short of competing in five disciplines, Selina truly excelled in two: Cross-country and rifle shooting, and even more impressively, the combination of the two. The ability to hold a rifle still with a pulse of close to 180 is just as challenging as being fast on the skis or to put the bullet in the target 50m away! Believe me, I know! From 2008 to 2022, Selina mastered this sport at the highest level in the world, with victories in the World Cup and a silver medal at the 2014 Sochi Olympics, the second of her four Olympic Winter Games, as the pinnacle of her career.

Professionally, Selina has an education in sports and movement science from Norway. After graduating, she became a border police officer in the Swiss Customs where she worked for 15 years as an athlete and two years as a transformation manager in development operations. As recently announced in the press, Selina will become head coach of Swiss-Ski junior biathlon team in February 2024 following two years working as U18 developer.

Selina is married to Ilya Chernousov, a cross country Olympic medallist, and lives with him and their two daughters in Lenzerheide.

In the spring, we asked all you Pentathletes to provide feedback and your experience from your Pentathlon participations. We were very pleased by all the praise we received, and we also took away some key themes for consideration. In response to these, we will shorten the giant slalom and cross-country races and change the format of the Saturday evening dinner within the limitations posed by the hotel. We are working to find more affordable accommodation, but for 2024, all reasonable alternatives are already booked out!

Since last year's Pentathlon, we have sent out a few "Save the Date" emails, so you will know that the entry has been open for a while, with early bird entry fees valid until February 1. Registration remains open at www.sas-pentathlon.com.

With a sincere thank you to all our sponsors and a warm welcome to all of you in Grindelwald in March!

Yours,

Rolf Ringdal, President Organizing Committee



Honorary Guest Selina Gasparin
Patronage Ivan Wagner
President SAS Alix Marxer

1. Organization

1.1 Organization Committee

President Rolf Ringdal, SAS

Contest Florian Schmid, Michael Rudin, SAS

Accommodation Martina Gebert, SAS
Sponsoring Robert Kessler, SAS
Admin., IT, Results Constantin Schrafl, SAS

1.2 Event Organizers

Giant-Slalom Florian Schmid, Michael Rudin, SAS

Ski-Jump Christian Erichsen, SAS Norge

Target Curling Magnus Bergaplass, SAS Cross-Country Ski Gaudenz Flury, SAS Swimming Ann Grand, SAS

1.3 Technical Services

Timing Sport-Timing Schönried,

Johny Wyssmüller

Technical Support Grindelwald Tourist Office Grindelwald First Ltd.
Photo Service Anna Bolton, Grindelwald

1.4 Information Service and Check-In

Tourist Office Telephone +41 33 854 12 12 Reception Hotel Sunstar, +41 33 854 77 77

1.5 Application

To help us in our administrative efforts, please register your team online, www.sas-pentathlon.com. Deadline: March 8.

Acceptance is at the discretion of the organizers. Team members can be substituted until Friday evening's briefing. With the application the captain confirms that all team members have the necessary competence to accomplish the five events, and that they are adequately insured (accident and 3rd party liability).





45th International SAS Pentathlon

Individuals play the game, but teams win.

We wish all participants an injury-free Pentathlon 2024. However, if you need us, your medical teammate is always by your side – not for 100 years, but with cutting-edge medical expertise.

Happy Birthday Congratulations to 100 years SAS

Looking for further information?







1.6 Fees

Regular: CHF 220.- Event fee, Saturday lift ticket and

Saturday dinner per person.

Special: CHF 80.- Event fee, Saturday lift ticket and

Saturday dinner per person for competitors born in 1996 or later, or domiciled outside Switzerland.

1.7 Earlybird fees until February 1

Regular: CHF 180.– Special: CHF 60.–

To be paid in advance via Twint, in our ticket shop of our website http://www.sas-pentathlon.com or to Schweizerischer Akademischer Skiclub, Pentathlon, at Credit Suisse,

8070 Zurich.

IBAN CH76 0483 5035 0099 2000 0.



1.8 Accommodation

The participants are individually responsible for their accommodation. Please make your reservations as early as possible and refer to «SAS Pentathlon» when booking.

Hotel Sunstar**** CHF 159.– p.P. www.grindelwald.sunstar.ch, +41 33 854 77 77

For all other hotels (***bed & breakfast rate at ca. CHF 75.– p. P.) check grindelwald.swiss to book online or call Grindelwald Tourist Office, +41 33 854 12 12.

2. General Conditions and Rules of the International SAS Pentathlon

Special rules applicable to «Pentathlon Light» see 3.7

2.1 **Aim**

To foster polysportive interests as well as the famous «SAS spirit».

To encourage athletes of all ages, men and women, to participate in combined competitions.

To activate contacts between SAS and associates sports clubs. To motivate team spirit. Team score is more important than the individual result.

2.2 Events

- 1. Giant-Slalom (approx. 30 gates, 1,45 min.)
- Ski-Jump (2 jumps only for distance, normal skis and bindings allowed)
- 3. Target Curling (8 stones)
- 4. Cross-Country on skis (approx. 5 km)
- 5. Swimming (66,67m free style)

2.3 Teams/Participants

Teams of three persons, same gender or mixed, independent of age. Teams from universities, academic ski- and sports clubs and other clubs with friendship ties to the SAS.

The final selection will be made by the Organization Committee. Participants must reach age 12 in the particular Pentathlon year.

2.4 Conditions

- a) Each competitor must start in every event.
- b) Each team must appoint a *Captain* who will be responsible for the team being ready in all aspects.
- c) Each competitor will be allotted a starting number which *must be worn in each event to be allowed to start.* In the swimming event, the starting number must be carried to the starting block for identification.
- d) A competitor who is not ready to start an event at the advertised time may be disqualified for this event.
- e) A disqualified participant (infringement of rules) or a retiree from one and/or more events, is not eliminated from the competition, but will score no points in the events he did not participate. Only competitors participating in every event will be considered for the final classification.
- f) Exchange of team members will not be permitted after the briefing on Friday evening preceding the event, even in the case of injury, sickness and other reasons. However, the reduced team may remain in the competition and count for points.

2.5 Scoring

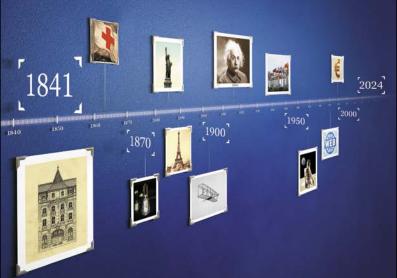
For each event the results and rankings will be decided on the base of *a point method* (based on 1000 points). Competitors will be ranked in an order of merit for each event according to the rules. The points gained in each event will be increased by *the handicap points*. The total from all events will decide the final ranking of teams and individuals. The method of scoring, which is based on International Pentathlon Rules, as well as the handicap formulas, are included in the Rules and Conditions for each event (cf. scoring tabulation).

2.6 Protests

Must be addressed by the Team Captain with the Event Organizer within 30 minutes of completion of each event. The Event Organizer will investigate the protest and report to the Organizing Committee. The Jury's decision is final.



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History of the International SAS Pentathlon

The idea of the SAS Pentathlon originated in the Scottish Highlands. It was brought to Switzerland in 1978 and the first Organizing Committee consisted of Guolf Gattiker und Ivan Wagner. The history of the SAS Pentathlon, traced back all the way to its Greek Olympic origin, is described in the SAS yearbook «Der Schneehase 1975–1980». Since the first Pentathlon in 1978 and until 1994 Pierre Hirschy, former Lieutenant General of the Swiss Army and President of the Swiss Ski Federation, has been in charge of the Patronage of the SAS Pentathlon. In 1998, he was succeeded by Ivan Wagner, the former President of the Organizing Committee.

Honorary Guests

The following Honorary Guests attended the previous Pentathlons:

1978	Lt. Colonel John Morris †	2004	Didier Plaschy
1979	Dr. Walter Amstutz †	2005	Bjørn Dæhlie
1980	Willy Bürgin †	2006	Stephan Kunz
	André Roch †	2007	Hansjürg Kessler
1982	Prof. Dr. Klaus Jacobi †	2008	Daniela Meuli
1983	Dr. Arnold Kaech †	2009	Andy Wenzel
1984	Dr. Albert Fanchamps †	2010	Matthias Remund
1985	Prof. Dr. Arnold Koller	2011	Urs Lehmann
1986	Dr. Gilbert Schwaar †	2012	Manuela Pesko
1987	Dr. Hans Grimm †	2013	Kjetil André Aamodt
1988	Adolf Ogi	2014	Beat Hodler
1989	Truls Berg	2015	Karl Frehsner
1990	Peter Lunn †	2016	Urs Schaeppi
1991	Bernhard Russi	2017	Dominique Gisin
1992	Marc Hodler †	2018	Dr. Michael Ambühl
1993	Toni Innauer	2019	Tanja Frieden
1994	Rolf Lonnevig †	2020	cancelled
1995	Dr. JoJo Clavadetscher †	2021	cancelled
1996	Karl Molitor †	2022	Franz Julen
1997	Dr. Hans Nater	2023	Patrick Küng
1998	Max Steinebrunner †		
1999	Hippolyt Kempf		
2000	Alessandro Melloni (SAI)		
2001	Gian-Franco Kasper †		
	Ivan Wagner,		
	Guolf Gattiker		
2003	Conny Lehmann-Kissling		

Pensionierung

AHV

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Pensionskasse

Rente, Kapital oder beides?

Hypothek

Soll ich amortisieren?

Nachlass

Wie sichere ich meine Familie ab?

Steuern

Wie kann ich sparen?



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www.vermoegenszentrum.ch



2.7 Order of Competitors and Teams in each event

Before the competition, a draw will be made to decide starting order of competitors and teams. This will be made as follows:

- a) Giant-Slalom: Each team will indicate seeding of competitors in three main groups. Group 1 will start the event, followed by Group 2 and Group 3. A draw will then be made to decide order of competitors within each group.
- Ski-Jump: Starting order according to initially allotted members.
- c) Target Curling: Teams will be drawn to decide order of curling. Captain will declare order of play of his team members before starting to Event Organizer. Six teams will compete simultaneously.
- d) Cross-Country Skiing: Starting order according to initially allotted numbers in couples.
- e) Swimming: Starting order according to initially allotted numbers in heats of four competitors.

2.8 Practice

Team Captains are responsible for the training and practice of their teams prior to competition. The facilities for each event will be available for last moment practice as follows:

- a) *Giant-Slalom*: Skiers may be permitted to walk up or to ski down by the side of the course prior to the event. The course will be set a short time before the race.
- b) *Ski-Jump*: One official practice jump will be required from each participant.
- c) Target Curling: One hour before the competition starts, each team will be permitted 10 minutes practice on a reserved rink.
- d) *Cross-Country Skiing:* Competitors will be permitted to run trough the course prior to start.
- e) Swimming: Half an hour before the competition.

2.9 Indemnity; Insurance and Safety

No competitor nor official shall have any claim against the Organizer for damages, for injury to person or damage to equipment arising from the five events or during practice. Each competitor or official shall be responsible for his own insurances (accident as well as third party liability). Wearing a helmet is compulsory in Giant-Slalom and Ski-Jump Competitions.



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www.kessler.ch

MIT SICHERHEIT VORAUS.



Official Programme

International SAS Pentathlon

Day	Indicative time	Place	Activity
Friday	18.00 - 22.00 19.00 - 22.00 19.30 - 22.00 22.00	Grindelwald Hotel Sunstar Hotel Sunstar Curling Building Hotel Sunstar	Arrival, check-in Dinner served (individual) Training Curling (facultative, 2 lanes reserved) Briefing (compulsory for team captains)
Saturday	09.30 11.30 16.00 16.30 20.00	First, Grindellift First First Sportcenter Building Sportcenter Building Hotel Sunstar	Giant-Slalom (approx. 1 min.) Training Ski-Jump (1 jump compulsory) Ski-Jump (2 jumps) Curling Practice (not compulsory) Target Curling (8 stones per team member) Dinner (all participants, casual, SAS pullover)
Sunday	09.30 12.00 12.30 13.30 14.00 14.30	To be announced Sportcenter Building Sportcenter Building Hotel Sunstar Hotel Sunstar	Cross-Country Ski-Race (approx. 5 km) Training Swimming (facultative) Swimming (66,67 m free style) Lunch (individual) Photo Show Prize-Giving

Competition Scoring Tabulation

Discipline	Bogey Result (Performance for 1000 points)	Cut-off-Result (Performance for 0 points)	Scoring	Example (before hcp)	
1. Giant-Slalom	Average time of the fastest 15 competitors	2* fastest skiing time	Proportionate inside cut-off time	Fastest skiing time Cut-off time Mean time of first 15 Scoring	90 sec 180 sec 96 sec 12 p/sec
2. Ski-Jump	Average total distance of two jumps of the first 15 competitors	10 m as total distance of two jumps	Proportionate over cut-off jump	Cut-off jump Mean jump of first 15 Scoring	10 m 37 m 37,0 p/m
3. Target Curling	65 target points	0 target points	Proportionate 1 target point = 15,4 competition points	Score of 68 Score of 24	1046 points 370 points
4. Cross-Country Skiing	Average time of the fastest 15 competitors	2,5* fastest race time	Proportionate inside cut-off time	Fastest race time Cut-off time Mean time of first 15 Scoring	18 min 45 min 20 min 40 p/min
5. Swimming	Average time of the fastest 15 competitors	2,7* fastest swimming time	Proportionate inside cut-off time	Fastest swimming time Cut-off time Mean time of first 15 Scoring	40 sec 108 sec 42 sec 15.15 p/sec



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THÉO GMÜR, Alpine Skier & Right To Play Ambassador

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3. Competition Rules

3.1 Handicap and Age Groups

Each female and each participant above 28 years of age will receive handicap points in addition to the net score according to the following rules:

Age	12–27	28 and above
Women (points)	175	5x (1997 – year of birth)
Men (points)	0	5x (1997 – year of birth)

A competitor with handicap points obtaining less than the cut off result (performance for 0 points), will lose handicap points for this difference, according to the scoring regulations. In the event of a disqualification, no handicap points will be granted for the respective event.

3.2 Giant-Slalom

There will be only one run. A *penalty* of 10 seconds for each gate a competitor fails to pass correctly will be added to his time. For telemarkskiers the run time will be multiplied by 0.925.

3.3 Ski-Jumping

Three jumps are required from each participant. The first is an official practice. The second and the third jump count for competition. Normal skis and bindings are accepted, however without poles. No skating allowed. The ski-jumping platform (hoppet) will be about ½ m high and allow jumps of about 25 m in length.

3.4 Target Curling

Captains declare order of play in each team to Event Organizer. In addition to the official practice, each team will be allowed to lay another 8 stones in order to read the ice before playing for points. Each competitor in turn plays 8 stones in succession, aiming to rest the stone in the centre of the «house» (target area). To assist the competitor in laying the stones, one member of a team may indicate from the «target» where the stone should be laid and which «handle» or «twist» should be given. The members of the team may sweep with a broom in front of the stone as directed, to assist in laying stone on target.

Any stone touched by a broom or a participant while in motion will be removed and will not count in scoring. Each stone outside the target may be removed after it has come to rest through the competitor in play.

Vontobel



Wealth Management

Dieses Dokument entspricht Marketingmaterial gemäss Art. 68 des Schweizer FIDLEG und dient ausschliesslich zu Informationszwecken. *Target Scoring:* After 8 stones have been laid, those resting in the «house» (target area) will score as decided by the Umpire. Scoring will be as follows:

	Points
Stone or any part of stone in central white or blue circles	10
Stone or any part of stone in middle white circle	8
Stone or any part of stone in outer red circle	6
Stone completely in square target area	3
Stones outside the target (may be removed after	
stone comes to rest)	0
Maximum score	80

Practice: Teams are advised to arrive at their allocated ice rink for practice and advice. There is much to be gained from a little experience in learning how to lay a stone or apply the most effective sliding delivery.

3.5 Cross-Country Skiing

The free style race distance will be approx. 5 km on a fairly level course. The course will be marked and officials will be positioned around the course. Pacing of racers is not allowed. A competitor who is to be passed has to give way at first request. Competitors will start in couples as drawn, in intervals of 30 seconds. If a competitor starts too soon he will be recalled and restarted; his time will, however, be taken from the scheduled time at which he should have started. A competitor who arrives late may be allowed to start, but his time will be taken from the scheduled time at which he should have started.

3.6 Swimming

The competitors will swim 66,67 m in 4 laps in previously drawn heats of four beginning at the shallow end. Competitors will be called forward to start behind their starting blocks and with their respective numbers.

A competitor who fails to report when called will be disqualified. Competitors shall start from a standing position at the edge of the pool, and may enter the water in any manner providing they do not interfere with other swimmers. Competitors may swim choosing their preferred style and *must* touch the pool wall at the end of each lap. Failure to touch will lead to disqualification. In the event of a false start, the swimmers will be recalled by a whistle blow. In this case the starter shall call back the competitors at the first or second false start, and remind them not to start before the starting signal. If repeated for the third time in the same heat, the responsible swimmer will be disqualified.

On completing the course, competitors are to remain in the water and in their own lanes until allowed to leave. Having left the water, competitors should immediately move away from this area.

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3.7 Pentathlon Light competition rules

An additional option with a separate ranking is carried out for teams of three consisting of competitors more than fifty or less than sixteen years old.

Every member of a team qualifying for the Pentathlon Light competition has to participate in the target curling and one additional event of individual choice.

All other Pentathlon rules and conditions also apply to teams and participants of the Pentathlon Light competition.

4. Challenge Trophies

- 4.1 «Jean Carotte» Memorial Challenge Trophy for the best team, (in Honour of Hansruedi Helbling †27.7.1972)
- 4.2 Challenge Trophy for the best individual result, sponsored by Ivan Wagner
- 4.3 Challenge Trophy for the best individual lady result, sponsored by Peter Kopp
- 4.4 Challenge Trophy for the best individual score without age handicap, sponsored by Harald Herbert
- 4.5 Christian Roed Memorial Trophy for the best individual result without handicap in all 3 skiing disciplines
- 4.6 J.-J. Clavadetscher Challenge Trophy for the best team result in the «Pentathlon light»
- 4.7 Hans Nater Challenge Trophy for the fastest run time in giant-slalom
- 4.8 John Palmer Memorial Challenge Trophy for the winner of the ski-jumping
- 4.9 Marc Russenberger Challenge Trophy for the winner of the target curling
- 4.10 Challenge Trophy for the fastest run time in cross-country, sponsored by TV Grindelwald
- 4.11 Beat Walpoth Challenge Trophy for the fastest time in swimming
- 4.12 One FLYER E-Bike for a pentathlete present at the prize giving, sponsored by FLYER
- 4.13 Medals for the best three teams and individual results overall and for best team and individual results in each discipline



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5. Winning teams of the previous SAS Pentathlons (best individual results)

1978 The Wild Ones	12994	1979 The Organizers	13098
Ueli Bollag	4528	Ueli Stüssi	4651
Fritz Bébié	4383	Ivan Wagner	4513
Hansruedi Bollag	4083	Hans Henzi	3934
(Ueli Bollag	4528)	(Sepp Gammeter	5014)
1980 Cairgorm Ski Club	14237	1981 Cairgorm Ski Club	13084
Bill Hemmingway	4948	Eilif Moen	4691
Eilif Moen	4919	Kenneth McDonald	4370
Garek Begg	4360	Bill Hemmingway	4023
(Bill Hemmingway	4948)	(Peter Kozma	4808)
1982 Ex Prager	12335	1983 The Out-Handles	13279
Petr Kakes	4325	Hanspeter Denzler	4625
Eduard Böhm	4134	Marc Russenberger	4515
Martin Jirsa	3876	Jürg Schweizer	4139
(Axel Eitzen	4512)	(Hanspeter Denzler	4625)
1094 Fr. Dr. 200	12605	1005 E., D.,,	12407
1984 Ex Prager	13695	1985 Ex Prager	13487
Eduard Böhm	4802	Eduard Böhm	4518
Martin Jirsa	4506	Martin Jirsa	4417
Petr Kakes	4387	Georg Schönhofer	4552
(Bruno Hammer	4828)	(Harald Herbert	4657)
1986 Die Gleitige	13189	1987 The Newhandles	13564
Jürg Schweizer	4628	Jürg Philipp	3968
Jürg Schweizer Marc Russenberger	4628 4508	Jürg Philipp Marc Russenberger	3968 4675
Jürg Schweizer Marc Russenberger Hans Grüter	4628 4508 4053	Jürg Philipp Marc Russenberger Jürg Schweizer	3968 4675 4921
Jürg Schweizer Marc Russenberger	4628 4508	Jürg Philipp Marc Russenberger	3968 4675
Jürg Schweizer Marc Russenberger Hans Grüter	4628 4508 4053	Jürg Philipp Marc Russenberger Jürg Schweizer	3968 4675 4921
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	244
Harald Harbart 5050 Harald Harbart 54	
11a1a1u 11e1ue1t 3u3y fiafaid fiefdert 34	402
Hermann Nagiller 4692 Konrad Herbert 47	719
e e e e e e e e e e e e e e e e e e e	102)
1996 ASCI with Toni 14610 1997 ASCI Family Affair 152	228
Maria Kurz 4987 Christl Herbert 50	067
Toni Innauer 4530 Harald Herbert 53	366
Hermann Nagiller 5093 Konrad Herbert 47	795
(Konrad Herbert 5215) (Harald Herbert 536	66)
1998 The Comeback Handles 14736 1999 Molson Lager 144	420
Jürg Schweizer 4639 Corinne Schmidhauser 49	908
Marc Russenberger 5003 Martin Knapp 47	715
	797
(Konrad Herbert 5393) (Konrad Herbert 50)51)
2000 ASCI Plus 14919 2001 Molson Lager 143	393
Harald Herbert 5128 Corinne Schmidhauser 49	974
Petra Längle 4476 Martin Knapp 47	767
Konrad Herbert 5315 Jörg Wetzel 46	652
(Konrad Herbert 5315) (Hans Grüter 51	112)
2002 SAS Engadina 14609 2003 ASCI Plus 145	521
	829
Hans Grüter 5161 Petra Längle 43	383
Constant Sarott 4967 Konrad Herbert 53	309
(Konrad Herbert 5316) (Konrad Herbert 536	(809
2004 Aged HANDLES 15521 2005 Molson Brothers 141	184
Jürg Schweizer 5221 Mathias Prüssing 48	811
Hans Grüter 5208 Andri Staub 48	829
	544
(Jürg Schweizer 5221) (Marc Russenberger 530	303)
2006 Molson Brothers 14689 2007 Current Handles 153	328
Martin Knapp 5022 Jürg Schweizer 52	298
Matthias Prüssing 4927 Hans Grüter 52	225
	805
(Martin Knapp 5022) (Jürg Schweizer 529	298)
2008 Global Warming 14228 2009 Farté à la raclette 148	892
Felix Gey 4686 Annina Strupler 54	404
Luc Girardin 4868 Carole Jauffret 51	162
Carole Jaufferet 4674 Felix Gey 43	326
(Jürg Schweizer 5191) (Annina Strupler 540	04)
2010 Alpine Convertibles 14780 2011 The Comebackers 153	334
Florian Schmid 5017 Nicole Darbellay 55	541
Reto Brunner 4819 Werner Lüthi 46	639
•	154
(Jürg Schweizer 5492) (Nicole Darbellay 55-	541)

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2012 Team Balloni One	14960	2013 Heming	14395
Florian Schmid	5152	Rolf Ringdal	4393
Tamara Wolf	5394	Jan Fredrik Rosenberg	5029
Michael Rudin	4414	Pål Troye	4973
(Nicole Darbellay	5599)	(Jürg Schweizer	5328)
2014 FloMa Tonic	13704	2015 No Compromise Reload	14057
Marc Russenberger	5364	Florian Schmid	5095
Thomas Dörig	3672	Dominik Metzler	4515
Florian Schmid	4668	Carlo Schmid	4447
(Marc Russenberger	5364)	(Florian Schmid	5095)
2016 Unterwasser Curler	13332	2017 O-60 handles	14678
Christoph Nater	4682	Marc Russenberger	5003
Gaudenz Flury	4689	Hans Grüter	4876
Constantin Schrafl	3961	Jürg Schweizer	4799
(Thomas Almer	5007)	(Konrad Herbert	5183)
2018 Blue Blood	13100	2019 ZV 2019	13419
Samuel Kind	4449	Thomas Almer	4783
Dario Schio	4417	Christoph Nater	4760
Joana Frick	4234	Tom Kessler	3876
(Thomas Almer	4903)	(Constant Sarott	4813)
2022 ZV 2019-22	14336	2023 Tick, Trick & Pepper	13595
Thomas Almer	5073	Kevin Lanz	4668
Christoph Nater	4916	Lukas Dellenbach	4550
Tom Kessler	4347	Simon Hammer	4377
(Fränzi Aufdenblatten	5205)	(Thomas Almer	5256)



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