



Results und Ranking
3. Swiss FSA Contest 2023 - 23. September - CrossFit Bern

Strongman																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <105, <90)	Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 110 (100) kg / Axle 120 (110) kg / amrap Circus DB 70 (60) kg	110/120 /70 kg	100/110 /60kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (110kg)	Rank	Husafel Stone (60s walk) 125 kg	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	13	Ramon	Gysin	CH	106	<105	280 kg	5.5	L:ok / A: ok / C: 3reps	x		2	10 reps	1.5	42,00 m	3	24,2 s	1	
2	14	George	Paunovic	CH	135	Open	320 kg	1	L:ok / A: ok / C: 3reps	x		2	8 reps	3	40,00 m	4	35,8 s	4	
3	15	Jonas	Bertschinger	CH	85	>90	280 kg	5.5	L:ok / A: ok / C: 1rep	x		4	10 reps	1.5	61,00 m	1	29,4 s	3	
4	16.5	Kevin	Mendes	CH	130	Open	300 kg	2	L:ok / A: ok / C: 3reps	x		2	3 reps	5.5	50,00m	2	39,3 s	5	
5	20.5	Romain	Dubugnon	CH	102	<105	285 kg	3.5	L:ok		x	6	4 reps	4	31,65 m	5	28,7 s	2	
6	26	Jeff	Sester	CH	120	Open	285 kg	3.5	L:ok / A: ok / C: 0rep	x		5	3 reps	5.5	no walk	6	40,0 s	6	

Newcomer Strongman																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <105, <90)	Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 90 (80) kg / Axle 100 (90) kg / amrap Circus DB 50 (40) kg	90/100 /40kg	80/90 /40kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (90kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	5	Loïc	Schalbetter	CH	110	Open	245 kg	1	L:ok / A: ok / C: 9reps	x		1	10 reps	1	88,50 m	1	16,3 s	1	
2	16.5	Ewan	Roth	CH	80	>90	235 kg	2	L:ok / A: ok / C: 5reps	x		4	9 reps	2.5	72,00 m	3	27,3 s	5	
3	23.5	Joe	Hintermann	CH	85	>90	225 kg	4	L:ok / A: ok / C: 2reps		x	7	9 reps	2.5	46,50 m	7	25,0 s	3	
4	24.5	Ko	Kleppe	CH	106	>105	210 kg	6	L:ok / A: ok / C: 8reps	x		2	8 reps	4.5	40,00 m	8	26,8 s	4	
5	25	Olivier	Sutter	CH	117	Open	190 kg	8	L:ok / A: ok / C: 6reps	x		3	7 reps	6	47,55 m	6	24,8 s	2	
6	26.5	Jeff	Popham	CH	130	Open	215 kg	5	L:ok / A: ok / C: 6reps		x	5.5	4 reps	7	75,00 m	2	32,1 s	7	
7	27	Max	Gay	CH	101	>105	205 kg	7	L:ok / A: ok / C: 6reps		x	5.5	8 reps	4.5	63,60 m	4	28,6 s	6	
8	32	Alexander	Miletic	CH	130	Open	230 kg	3	L:ok		x	8	3 reps	8	52,75 m	5	36,7 s	8	



Strongwoman																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight	Category (open, <82, <73, <64)	Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 60 (50) kg / Axle 70 (60) kg / amrap Circus DB 40 (30) kg	60/70 / 40kg	50/60 /30kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (70kg Sandbag or 55kg Slamball)	70kg	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank
1	6	Celine	Bohnenblust	CH	67.5	<74	130kg	2	L:ok / A: ok / C: 4reps		x	1	2 reps	x	1	53,40 m	1	34,9 s	1
2	9	Emily	Kay	CH	74	<74	140kg	1	L:ok / A: ok / C: 0reps		x	2	1 rep	x	2	40,10 m	2	36,8 s	2

Strongwoman - GUEST																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 60 (50) kg / Axle 70 (60) kg / amrap Circus DB 40 (30) kg	60/70 / 40kg	50/60 /30kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (70kg Sandbag or 55kg Slamball)	70kg	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank
1	5	Layla	Racine	CH	80		190kg	1	L:ok / A: ok / C: 8reps	x		1	7 reps	x	1	51,80 m	1	25,4 s	1

Newcomer Strongwoman																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 40 (30) kg / Axle 50 (40) kg / amrap Circus DB 25 (20) kg	40/50 / 25kg	30/50 /20kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (45kg Slamball)		Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank
1	7	Karin	Keusen	CH			130kg	3	L:ok / A: ok / C: 6reps	x		1	12 reps		1	56,0 m	1	35,0 s	1
2	9	Anikò	Stalder	FL			140kg	1	L:ok / A: ok / C: 3reps	x		2	7reps		2	49,70 m	2	38,0 s	2
3	14	Beate	Heizmann	CH			135kg	2	L:ok / A: ok / C: 0reps	x		3	5 reps		3	29,30 m	3	12.56 m	3
4	20	Fabienne	Bolonay	CH			110kg	4	no rep	x		4	4 reps		4	25,45 m	4	9.52 m	4



Strongman Open - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 110 (100) kg / Axle 120 (110) kg / amrap Circus DB 70 (60) kg	110/120 /70 kg	100/110 /60kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (110kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	6.5	Geroge	Paunovic	CH			320 kg	1	L:ok / A: ok / C: 3reps	x		1.5	8 reps		1 40,00 m		2 35,8 s		1
2	9	Kevin	Mendez	CH			280 kg	2	L:ok / A: ok / C: 1rep	x		1.5	10 reps		2.5 61,00 m		1 29,4 s		2
3	14.5	Jeff	Sester	CH			285 kg	3	L:ok / A: ok / C: 0rep	x		3	3 reps		2.5 no walk		3 40,0 s		3

Strongman <105 - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 110 (100) kg / Axle 120 (110) kg / amrap Circus DB 70 (60) kg	110/120 /70 kg	100/110 /60kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (110kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	7	Ramon	Gysin	CH			300 kg	2	L:ok / A: ok / C: 3reps	x		1	3 reps		1 50,00m		2 39,3 s		1
2	8	Romain	Dubugnon	CH			285 kg	1	L:ok		x		2 4 reps		2 31,65 m		1 28,7 s		2

Strongman <90 - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 110 (100) kg / Axle 120 (110) kg / amrap Circus DB 70 (60) kg	110/120 /70 kg	100/110 /60kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (110kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	4	Jonas	Bertschinger	CH			280 kg	1	L:ok / A: ok / C: 3reps	x		1	10 reps		1 42,00 m		24,2 s		1

Newcomer Strongman Open - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 90 (80) kg / Axle 100 (90) kg / amrap Circus DB 50 (40) kg	90/100 /40kg	80/100 /40kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (90kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	8	Loïc	Schalbeter	CH			225 kg	1	L:ok / A: ok / C: 2reps	0		1	9 reps		1 46,50 m		4 25,0 s		1
2	12	Olivier	Sutter	CH			225 kg	4	L:ok / A: ok / C: 2reps	0		2	9 reps		2 46,50 m		2 25,0 s		2
3	15	Alexander	Miletic	CH			215 kg	2	L:ok / A: ok / C: 6reps		x		4 4 reps		4 75,00 m		1 32,1 s		4
4	15	Jeff	Popham	CH			205 kg	3	L:ok / A: ok / C: 6reps		x		3 8 reps		3 63,60 m		3 28,6 s		3

Newcomer Strongman <105 - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 90 (80) kg / Axle 100 (90) kg / amrap Circus DB 50 (40) kg	90/100 /40kg	80/100 /40kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (90kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	6.5	Ko	Kleppe	CH			205 kg	1	L:ok / A: ok / C: 6reps	0		1	8 reps		1.5 63,60 m		2 28,6 s		1
2	8.5	Max	Gay	CH			235 kg	2	L:ok / A: ok / C: 5reps		0	2	9 reps		1.5 72,00 m		1 27,3 s		2

Newcomer Strongman <90 - Ranking per category																			
Ranking	Total points	First name	Last Name	Nation	Bodyweight		Deadlifts max weight (DL Bar, 3 attempts)	Rank	Overhead Medley (75s amrap) Log 90 (80) kg / Axle 100 (90) kg / amrap Circus DB 50 (40) kg	90/100 /40kg	80/100 /40kg	Rank	Sandbag / Slam Ball to shoulder (75s amrap) (90kg)	Rank	Husafel Stone (60s walk)	Rank	Hand over hand sled pull (for time, timecap 60s)	Rank	
1	6.5	Ewan	Roth	CH			210 kg	1	L:ok / A: ok / C: 8reps	x		1	8 reps		1.5 40,00 m		1 26,8 s		2
2	8.5	Joe	Hintermann	CH			210 kg	2	L:ok / A: ok / C: 8reps		0	2	8 reps		1.5 40,00 m		2 26,8 s		1