

5000er-Testlauf NLZ Zürich 24. September 2014

Start Herren: 18.30 Uhr

Start Damen: 18:50 Uhr

Name	200	600	1000	1400	1800	2200	2600	3000	3400	3800	4200	4600	5000
Samuel Keller	36	01:53	03:09	04:24	05:40	06:55	08:11	09:26	10:43	11:59	13:13	14:28	15:34 *
Andreas Kyburz	36	01:52	03:09	04:23	05:38	06:53	08:07	09:23	10:38	11:54	13:10	14:25	15:35
Alain Denzler	36	01:53	03:10	04:26	05:42	06:58	08:14	09:31	10:48	12:06	13:24	14:42	15:56
Florian Schneider	37	01:56	03:15	04:33	05:52	07:10	08:28	09:47	11:07	12:27	13:47	15:06	16:20 *
Andreas Ruedlinger (Pace)	37	01:56	03:15	04:33	05:52	07:10	08:28	09:47	11:07	12:27	13:46	15:05	16:21
Lukas Diener	36	01:54	03:09	04:24	05:41	06:58	08:17	09:38	11:01	12:23	13:48	15:08	16:28
Christoph Meier	37	01:56	03:15	04:33	05:52	07:10	08:28	08:47	11:10	12:31	12:57	15:17	16:36 *
Sven Aschwanden	38	01:56	03:15	04:33	05:52	07:11	08:28	09:51	11:15	12:40	14:03	15:25	16:43
Joel Morgenthaler	38	01:56	03:15	04:33	05:52	07:12	08:34	09:56	11:18	12:41	14:03	15:25	16:45 *
Sebastian Inderst	42	02:06	03:28	04:51	06:15	07:39	09:04	10:29	11:55	13:21	14:46	16:12	17:34 *
Simon Wenger	42	02:06	03:28	04:51	06:15	07:39	09:04	10:29	11:55	13:21	14:46	16:12	17:38 *
Julia Gross	44	02:10	03:36	05:02	06:29	07:54	09:20	10:44	12:10	13:36	15:01	16:24	17:40 *
Simon Jakob (Pace)	44	02:10	03:36	05:02	06:29	07:54	09:20	10:44	12:10	13:36	15:01	16:24	17:40
Silje Ekroll Jahren	44	02:13	03:42	05:12	06:45	08:17	09:49	11:20	12:52	14:26	15:57	17:28	18:53 *
Marion Aebi	46	02:17	03:48	05:20	06:52	08:23	09:56	11:28	12:59	14:30	16:00		18:56 *
Florian Howald (Pace)	46	02:17	03:48	05:20	06:52	08:23	09:56	11:28	12:59	14:30	16:00	17:29	18:56
Anina Brunner	46	02:17	03:48	05:20	06:52	08:23	09:56	11:28	12:59	14:30	16:02		19:03 *
Sabine Hauswirth	43	02:07	03:29	04:52	06:17	07:42	09:09	10:36	-	-	-	-	-
* PB													

Bedingungen: bedeckt, ca 14°, leicht windig

Zeit gestoppt von Karin und Matthias Leonhardt

für die Rundenzeiten: keine Gewähr!

Herzlichen Dank an Andreas Ruedlinger, Florian Howald, Simon Jakob und Yves Aschwanden fürs pacen!