

Trainingszonen

Frauen



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m Intervall	Halbmarathon		Best-Zeit	Marathon		Best-Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Zeit		Schnitt	Zeit		Schnitt		
Cléa Formaz	0:35:05	3:31	05:24	04:23	04:08	03:54	03:21	1:20	1:18:25	03:43		2:45:28	03:55	3:12:42	
Nadja Kessler	0:35:54	3:35	05:31	04:29	04:13	03:59	03:25	1:22	1:20:14	03:48	1:21:25	2:49:17	04:01		
Sandrine Benz	0:38:25	3:51	05:55	04:48	04:31	04:16	03:40	1:28	1:25:52	04:04	1:31:10	3:01:10	04:18		
Céline Alpiger	0:39:29	3:57	06:04	04:56	04:39	04:23	03:46	1:30	1:28:14	04:11		3:06:11	04:25		
Chantal Ua	0:39:40	3:58	06:06	04:58	04:40	04:24	03:47	1:31	1:28:39	04:12		3:07:04	04:26		
Marianne Steiner	0:39:44	3:58	06:07	04:58	04:40	04:25	03:47	1:31	1:28:48	04:13	1:30:05	3:07:22	04:26	3:07:22	
Sandra Tschümperlin	0:40:37	4:04	06:15	05:05	04:47	04:31	03:52	1:33	1:30:48	04:18	1:37:16	3:11:34	04:32	3:20:24	
Samira Beck	0:40:37	4:04	06:15	05:05	04:47	04:31	03:52	1:33	1:30:48	04:18	1:34:39	3:11:34	04:32		
Andrea Hofer	0:41:18	4:08	06:21	05:10	04:51	04:35	03:56	1:34	1:32:17	04:22		3:14:44	04:37		
Sina Ziegler	0:41:28	4:09	06:23	05:11	04:53	04:36	03:57	1:35	1:32:41	04:24		3:15:33	04:38		
Susanne Glaus	0:42:08	4:13	06:29	05:16	04:57	04:41	04:01	1:36	1:34:10	04:28	1:34:25	3:18:42	04:43		
Livia Wespe	0:42:11	4:13	06:29	05:16	04:58	04:41	04:01	1:36	1:34:17	04:28		3:18:57	04:43		
Ruth Weiss	0:42:13	4:13	06:30	05:17	04:58	04:41	04:01	1:37	1:34:22	04:28		3:19:07	04:43	3:29:13	
Esther Pachmann	0:42:32	4:15	06:33	05:19	05:00	04:44	04:03	1:37	1:35:05	04:30		3:20:37	04:45		
Maren Kummerfeld	0:42:39	4:16	06:34	05:20	05:01	04:44	04:04	1:37	1:35:19	04:31	1:37:55	3:21:08	04:46		
Nadia Elmer	0:42:44	4:16	06:34	05:20	05:02	04:45	04:04	1:38	1:35:30	04:32		3:21:30	04:47		
Katrin Helbling	0:43:06	4:19	06:38	05:23	05:04	04:47	04:06	1:39	1:36:19	04:34		3:23:14	04:49		
Isabella Vogel	0:44:08	4:25	06:47	05:31	05:12	04:54	04:12	1:41	1:38:39	04:41	1:47:22	3:28:08	04:56	3:45:00	
Yildiz Cesen	0:44:12	4:25	06:48	05:31	05:12	04:55	04:13	1:41	1:38:47	04:41	1:38:47	3:28:26	04:56		
Yvonne Murer	0:44:24	4:26	06:50	05:33	05:13	04:56	04:14	1:42	1:39:15	04:42	1:39:15	3:29:25	04:58	3:41:59	
Nora Wieloch	0:44:56	4:30	06:55	05:37	05:17	05:00	04:17	1:43	1:40:26	04:46		3:31:54	05:01		
Hanni Kälin	0:44:58	4:30	06:55	05:37	05:17	05:00	04:17	1:43	1:40:31	04:46	1:44:36	3:32:06	05:02		
Daniela Marxer	0:45:27	4:33	07:00	05:41	05:21	05:03	04:20	1:44	1:41:35	04:49	1:45:00	3:34:21	05:05	3:57:44	
Rita Bucher	0:45:36	4:34	07:01	05:42	05:22	05:04	04:21	1:44	1:41:55	04:50		3:35:03	05:06		
Lisa Lanker	0:45:54	4:35	07:04	05:44	05:24	05:06	04:22	1:45	1:42:36	04:52	1:42:36	3:36:29	05:08		
Verena Wiget	0:46:20	4:38	07:08	05:48	05:27	05:09	04:25	1:46	1:43:34	04:55	1:45:30	3:38:32	05:11	3:50:57	
Nathalie Huber	0:46:28	4:39	07:09	05:48	05:28	05:10	04:25	1:46	1:43:51	04:55	1:45:43	3:39:06	05:12		
Tamara Zurfluh	0:46:32	4:39	07:10	05:49	05:28	05:10	04:26	1:46	1:44:00	04:56	1:52:20	3:39:27	05:12		
Isabelle Steiner	0:46:34	4:39	07:10	05:49	05:29	05:10	04:26	1:46	1:44:05	04:56	1:47:38	3:39:36	05:12	3:57:10	
Mägi Giger	0:46:38	4:40	07:10	05:50	05:29	05:11	04:26	1:47	1:44:13	04:56	1:44:13	3:39:54	05:13		
Claudia Günsberg	0:46:43	4:40	07:11	05:50	05:30	05:11	04:27	1:47	1:44:24	04:57	1:47:48	3:40:16	05:13		
Iris Lüchinger	0:46:49	4:41	07:12	05:51	05:30	05:12	04:28	1:47	1:44:38	04:58	1:44:38	3:40:47	05:14		
Nadja Weber	0:46:50	4:41	07:12	05:51	05:31	05:12	04:28	1:47	1:44:41	04:58	1:44:41	3:40:53	05:14		
Nadja Schätti	0:46:52	4:41	07:13	05:52	05:31	05:12	04:28	1:47	1:44:45	04:58		3:41:01	05:14		
Ingrid Balogh	0:46:53	4:41	07:13	05:52	05:31	05:13	04:28	1:47	1:44:48	04:58	1:49:47	3:41:07	05:14		
Elisabeth Hohl	0:47:07	4:43	07:15	05:53	05:33	05:14	04:29	1:48	1:45:19	05:00		3:42:14	05:16		
Yvonne Knobel	0:47:23	4:44	07:17	05:55	05:34	05:16	04:31	1:48	1:45:54	05:01	1:45:54	3:43:27	05:18	4:13:52	

Trainingszonen

Frauen



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m Intervall	Halbmarathon		Best- Zeit	Marathon		Best- Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Zeit		Schnitt	Zeit		Schnitt		
Nicole Leonhard	0:47:28	4:45	07:18	05:56	05:35	05:16	04:31	1:49	1:46:06	05:02	1:50:31	3:43:52	05:18	3:56:31	
Edith Meier	0:47:34	4:45	07:19	05:57	05:36	05:17	04:32	1:49	1:46:20	05:02	1:49:16	3:44:21	05:19	4:13:40	
Mirjam Eggspühler	0:47:49	4:47	07:21	05:59	05:38	05:19	04:33	1:49	1:46:52	05:04		3:45:30	05:21		
Feride Dogum	0:48:06	4:49	07:24	06:01	05:40	05:21	04:35	1:50	1:47:31	05:06		3:46:50	05:23		
Michèle Hasler	0:48:18	4:50	07:26	06:02	05:41	05:22	04:36	1:50	1:47:57	05:07	1:59:45	3:47:46	05:24		
Maren Werther	0:48:19	4:50	07:26	06:02	05:41	05:22	04:36	1:50	1:47:59	05:07	1:47:59	3:47:51	05:24		
Sonja Ziegler	0:48:31	4:51	07:28	06:04	05:42	05:23	04:37	1:51	1:48:26	05:08	1:51:44	3:48:48	05:25	4:05:14	
Evelyne Wiederkehr	0:48:53	4:53	07:31	06:07	05:45	05:26	04:39	1:52	1:49:15	05:11		3:50:30	05:28		
Andrea Mühle	0:48:56	4:54	07:32	06:07	05:45	05:26	04:40	1:52	1:49:22	05:11	1:49:22	3:50:46	05:28		
Flurina Gubler	0:49:54	4:59	07:41	06:14	05:52	05:33	04:45	1:54	1:51:32	05:17		3:55:19	05:35		
Yvonne Schuler	0:50:04	5:00	07:42	06:15	05:53	05:34	04:46	1:54	1:51:54	05:18	1:56:43	3:56:06	05:36		
Lilian Kunz	0:50:13	5:01	07:44	06:17	05:54	05:35	04:47	1:55	1:52:14	05:19	1:52:58	3:56:49	05:37	4:03:29	
Dominique Baumann	0:50:14	5:01	07:44	06:17	05:55	05:35	04:47	1:55	1:52:16	05:19	1:52:16	3:56:53	05:37	4:24:48	
Marisa Matafora	0:50:24	5:02	07:45	06:18	05:56	05:36	04:48	1:55	1:52:39	05:20	2:07:16	3:57:41	05:38		
Doris Vollenweider	0:50:28	5:03	07:46	06:18	05:56	05:36	04:48	1:55	1:52:47	05:21		3:57:59	05:38		
Seraina Simonis	0:50:32	5:03	07:46	06:19	05:57	05:37	04:49	1:56	1:52:57	05:21		3:58:18	05:39		
Miriam Cadisch	0:51:22	5:08	07:54	06:25	06:03	05:42	04:54	1:57	1:54:49	05:27		4:02:15	05:44		
Myriam Neyer	0:51:36	5:10	07:56	06:27	06:04	05:44	04:55	1:58	1:55:19	05:28	1:55:19	4:03:19	05:46		
Barbara Frischmuth	0:52:05	5:12	08:01	06:31	06:08	05:47	04:58	1:59	1:56:25	05:31		4:05:37	05:49		
Marianne Henry	0:52:17	5:14	08:03	06:32	06:09	05:49	04:59	2:00	1:56:51	05:32	2:04:00	4:06:34	05:51		
Elisabeth Ann Honegger	0:52:19	5:14	08:03	06:32	06:09	05:49	04:59	2:00	1:56:55	05:33	2:24:28	4:06:42	05:51		
Isabelle Bürgi	0:53:04	5:18	08:10	06:38	06:15	05:54	05:03	2:01	1:58:36	05:37		4:10:15	05:56	4:10:15	
Petra Becker	0:53:42	5:22	08:16	06:43	06:19	05:58	05:07	2:03	2:00:00	05:41		4:13:12	06:00		
Simone Berger	0:53:43	5:22	08:16	06:43	06:19	05:58	05:07	2:03	2:00:03	05:41		4:13:17	06:00		
Gabriela Ernst	0:53:52	5:23	08:17	06:44	06:20	05:59	05:08	2:03	2:00:23	05:42		4:14:01	06:01		
Barbara Zehnder	0:54:02	5:24	08:19	06:45	06:21	06:00	05:09	2:04	2:00:46	05:43		4:14:50	06:02		
Andrea Neyer	0:54:35	5:28	08:24	06:49	06:25	06:04	05:12	2:05	2:02:00	05:47	2:02:00	4:17:25	06:06		
Claudia Kosanke	0:54:52	5:29	08:26	06:52	06:27	06:06	05:14	2:05	2:02:38	05:49		4:18:45	06:08		
Daniela Ammann	0:54:53	5:29	08:27	06:52	06:27	06:06	05:14	2:05	2:02:40	05:49		4:18:49	06:08		
Karina Lanker	0:56:04	5:36	08:37	07:00	06:36	06:14	05:20	2:08	2:05:18	05:56	2:06:34	4:24:22	06:16		
Daniela Züger	0:56:13	5:37	08:39	07:02	06:37	06:15	05:21	2:08	2:05:38	05:57	2:21:15	4:25:06	06:17		
Clara Cannizzaro	0:56:25	5:39	08:41	07:03	06:38	06:16	05:22	2:09	2:06:06	05:59	2:06:06	4:26:04	06:18		
Petra Ganz	0:56:33	5:39	08:42	07:04	06:39	06:17	05:23	2:09	2:06:24	05:59		4:26:41	06:19		
Natascha Panoff	0:57:01	5:42	08:46	07:08	06:42	06:20	05:26	2:10	2:07:25	06:02		4:28:51	06:22		
Jitka Spundova	0:57:06	5:43	08:47	07:08	06:43	06:21	05:26	2:11	2:07:37	06:03		4:29:16	06:23		
Silvia Grossmann	0:57:17	5:44	08:49	07:10	06:44	06:22	05:27	2:11	2:08:01	06:04		4:30:06	06:24		
Doris Schuler	0:57:24	5:44	08:50	07:10	06:45	06:23	05:28	2:11	2:08:16	06:05		4:30:39	06:25		

Trainingszonen

Frauen



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m Intervall	Halbmarathon		Best- Zeit	Marathon		Best- Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Zeit		Schnitt	Zeit		Schnitt		
Helene Niedermann	0:57:30	5:45	08:51	07:11	06:46	06:23	05:29	2:11	2:08:31	06:06		4:31:11	06:26		
Claudia Hardmeier	0:59:40	5:58	09:11	07:27	07:01	06:38	05:41	2:16	2:13:20	06:19		4:41:20	06:40		
Corina Baumgartner	0:59:48	5:59	09:12	07:28	07:02	06:39	05:42	2:17	2:13:38	06:20		4:41:58	06:41		
Eveline Kümin	1:00:57	6:06	09:23	07:37	07:10	06:46	05:48	2:19	2:16:14	06:27		4:47:27	06:49		
Susi Uhler	1:04:06	6:25	09:52	08:01	07:32	07:07	06:06	2:27	2:23:16	06:47		5:02:18	07:10		
Ivonne Eichhorn	1:05:21	6:32	10:03	08:10	07:41	07:16	06:13	2:29	2:26:03	06:55	2:35:49	5:08:09	07:18		
Melanie Thöni	1:05:49	6:35	10:08	08:14	07:45	07:19	06:16	2:30	2:27:06	06:58		5:10:23	07:21		
Sabine Ernst	1:13:26	7:21	11:18	09:11	08:38	08:10	07:00	2:48	2:44:07	07:47		5:46:16	08:12		
Marlen Raimann	1:14:08	7:25	11:24	09:16	08:43	08:14	07:04	2:49	2:45:41	07:51		5:49:35	08:17		
Esther Corti	1:25:26	8:33	13:09	10:41	10:03	09:30	08:08	3:15	3:10:57	09:03		6:42:53	09:33		
Anne Lewis	1:25:54	8:35	13:13	10:44	10:06	09:33	08:11	3:16	3:11:59	09:06		6:45:05	09:36		

Trainingszonen

Männer



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m	Halbmarathon		Best-Zeit	Marathon		Best-Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Intervall	Zeit	Schnitt	Zeit	Zeit	Schnitt	Zeit	
Xaver Keller	0:32:14	3:13	04:58	04:02	03:48	03:35	03:04	1:14	1:12:03	03:25	1:22:47	2:32:00	03:36	2:52:48	
Manuel Wyss	0:32:45	3:17	05:02	04:06	03:51	03:38	03:07	1:15	1:13:13	03:28		2:34:29	03:40		
Mario Studer	0:33:29	3:21	05:09	04:11	03:56	03:43	03:11	1:17	1:14:51	03:33	1:14:51	2:37:56	03:45		
Daniel Stirnimann	0:33:47	3:23	05:12	04:13	03:58	03:45	03:13	1:17	1:15:31	03:35	1:23:30	2:39:20	03:47	2:43:30	
Rico Glaus	0:34:02	3:24	05:14	04:15	04:00	03:47	03:15	1:18	1:16:05	03:36		2:40:32	03:48		
Dani Hofstetter	0:34:29	3:27	05:18	04:19	04:03	03:50	03:17	1:19	1:17:03	03:39		2:42:35	03:51		
Adrian Mc Garva	0:34:53	3:29	05:22	04:22	04:06	03:53	03:19	1:20	1:17:58	03:42		2:44:29	03:54		
Wolfi Braune-Krickau	0:34:55	3:30	05:22	04:22	04:06	03:53	03:20	1:20	1:18:03	03:42	1:20:35	2:44:40	03:54	3:01:20	
Oliver Schätti	0:35:01	3:30	05:23	04:23	04:07	03:53	03:20	1:20	1:18:16	03:43	1:23:35	2:45:08	03:55	3:34:41	
Peter Schranz	0:35:03	3:30	05:23	04:23	04:07	03:54	03:20	1:20	1:18:20	03:43	1:18:25	2:45:16	03:55	2:45:16	
Rolf Ochsner	0:35:18	3:32	05:26	04:25	04:09	03:55	03:22	1:21	1:18:53	03:44	1:21:13	2:46:26	03:57	2:54:56	
Erich Weber	0:35:20	3:32	05:26	04:25	04:09	03:56	03:22	1:21	1:18:57	03:45	1:30:19	2:46:35	03:57	3:24:17	
Roger Bochtler	0:35:38	3:34	05:29	04:27	04:12	03:58	03:24	1:21	1:19:39	03:46	1:25:56	2:48:02	03:59		
Martin Rütthemann	0:35:41	3:34	05:29	04:28	04:12	03:58	03:24	1:22	1:19:46	03:47		2:48:18	03:59		
Michael Manser	0:35:44	3:34	05:30	04:28	04:12	03:58	03:24	1:22	1:19:51	03:47	1:22:00	2:48:30	04:00	3:01:35	
Dani Zurfluh	0:35:44	3:34	05:30	04:28	04:12	03:58	03:24	1:22	1:19:52	03:47	1:24:31	2:48:31	04:00	3:03:04	
Jörg Kühne	0:35:50	3:35	05:31	04:29	04:13	03:59	03:25	1:22	1:20:05	03:48	1:21:46	2:48:58	04:00		
Max Giger	0:35:52	3:35	05:31	04:29	04:13	03:59	03:25	1:22	1:20:10	03:48	1:21:23	2:49:08	04:00	2:53:35	
Andreas Kosanke	0:35:53	3:35	05:31	04:29	04:13	03:59	03:25	1:22	1:20:13	03:48	1:22:47	2:49:14	04:01	2:56:20	
Walter Bürki	0:36:41	3:40	05:39	04:35	04:19	04:05	03:30	1:24	1:22:00	03:53	1:24:19	2:53:01	04:06		
Michi Scherrer	0:36:44	3:40	05:39	04:36	04:19	04:05	03:30	1:24	1:22:06	03:53	1:26:19	2:53:14	04:06	2:55:57	
Benjamin Böppli	0:36:52	3:41	05:40	04:37	04:20	04:06	03:31	1:24	1:22:25	03:54		2:53:54	04:07		
Werner Hauser	0:36:56	3:42	05:41	04:37	04:21	04:06	03:31	1:24	1:22:33	03:55	1:24:05	2:54:11	04:08	2:59:10	
Beat Murer	0:36:57	3:42	05:41	04:37	04:21	04:06	03:31	1:24	1:22:36	03:55	1:25:24	2:54:17	04:08	2:58:07	
Jonas Trindler	0:37:04	3:42	05:42	04:38	04:22	04:07	03:32	1:25	1:22:51	03:56		2:54:48	04:09		
Ignazio Provinzano	0:37:14	3:43	05:44	04:39	04:23	04:08	03:33	1:25	1:23:13	03:57	1:23:09	2:55:36	04:10	2:58:52	
Guido Romer	0:37:19	3:44	05:44	04:40	04:23	04:09	03:33	1:25	1:23:24	03:57	1:25:30	2:55:59	04:10	3:14:04	
Peter Nussbaumer	0:37:30	3:45	05:46	04:41	04:25	04:10	03:34	1:26	1:23:48	03:58	1:25:05	2:56:49	04:11	2:57:19	
Thomas Meier	0:37:32	3:45	05:46	04:41	04:25	04:10	03:34	1:26	1:23:53	03:59		2:57:00	04:12		
Luca Duelli	0:37:36	3:46	05:47	04:42	04:25	04:11	03:35	1:26	1:24:01	03:59	1:24:24	2:57:17	04:12	3:11:57	
Peter Bodenmann	0:37:41	3:46	05:48	04:43	04:26	04:11	03:35	1:26	1:24:13	04:00	1:28:19	2:57:42	04:13	3:18:19	
Silvio Ziegler	0:37:47	3:47	05:49	04:43	04:27	04:12	03:36	1:26	1:24:26	04:00		2:58:09	04:13		
René Kälin	0:37:47	3:47	05:49	04:43	04:27	04:12	03:36	1:26	1:24:26	04:00	1:25:54	2:58:09	04:13	2:58:09	
Stephen Dunlop	0:37:52	3:47	05:50	04:44	04:27	04:12	03:36	1:27	1:24:39	04:01	1:24:28	2:58:37	04:14	2:58:56	
Josua Bürki	0:38:01	3:48	05:51	04:45	04:28	04:13	03:37	1:27	1:24:59	04:02		2:59:18	04:15		
Arsène Formaz	0:38:07	3:49	05:52	04:46	04:29	04:14	03:38	1:27	1:25:12	04:02		2:59:45	04:16		
Olaf Hanke	0:38:07	3:49	05:52	04:46	04:29	04:14	03:38	1:27	1:25:12	04:02	1:25:57	2:59:45	04:16		
Ingo Haas	0:38:11	3:49	05:52	04:46	04:30	04:15	03:38	1:27	1:25:21	04:03	1:27:45	3:00:04	04:16	3:05:20	

Trainingszonen

Männer



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m Intervall	Halbmarathon		Best- Zeit	Marathon		Best- Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Zeit		Schnitt	Zeit		Schnitt		
Martin Schmidl	0:38:15	3:50	05:53	04:47	04:30	04:15	03:39	1:27	1:25:30	04:03	1:25:30	3:00:24	04:17	3:21:19	
Adrian Thorpe	0:38:20	3:50	05:54	04:48	04:31	04:16	03:39	1:28	1:25:41	04:04		3:00:46	04:17		
David Hartmann	0:38:22	3:50	05:54	04:48	04:31	04:16	03:39	1:28	1:25:45	04:04		3:00:56	04:17		
Heinz Wyler	0:38:24	3:50	05:54	04:48	04:31	04:16	03:39	1:28	1:25:49	04:04	1:25:49	3:01:04	04:17		
Hanspeter Meier	0:38:24	3:50	05:54	04:48	04:31	04:16	03:39	1:28	1:25:50	04:04		3:01:06	04:18	3:32:47	
Patrik Iten	0:38:28	3:51	05:55	04:48	04:32	04:16	03:40	1:28	1:25:58	04:04	1:32:33	3:01:24	04:18		
Kurt Meier	0:38:36	3:52	05:56	04:49	04:32	04:17	03:41	1:28	1:26:15	04:05	1:27:20	3:02:00	04:19	3:07:01	
Didier Rodelli	0:38:45	3:53	05:58	04:51	04:34	04:18	03:41	1:29	1:26:37	04:06	1:26:37	3:02:46	04:20	3:15:59	
Carlo Fusco	0:38:51	3:53	05:59	04:51	04:34	04:19	03:42	1:29	1:26:49	04:07	1:26:49	3:03:11	04:20	3:07:17	
Urs Jäggi	0:39:01	3:54	06:00	04:53	04:35	04:20	03:43	1:29	1:27:11	04:08		3:03:58	04:22	3:03:58	
Lukas Messikommer	0:39:02	3:54	06:00	04:53	04:36	04:20	03:43	1:29	1:27:15	04:08		3:04:07	04:22		
Matthias Merdan	0:39:05	3:55	06:01	04:53	04:36	04:21	03:43	1:29	1:27:22	04:08		3:04:21	04:22		
Remo Uhler	0:39:09	3:55	06:01	04:54	04:36	04:21	03:44	1:29	1:27:30	04:09	1:27:30	3:04:37	04:23	3:18:13	
Reto Brunner	0:39:09	3:55	06:01	04:54	04:36	04:21	03:44	1:29	1:27:30	04:09		3:04:37	04:23		
Peter Corti	0:39:14	3:55	06:02	04:54	04:37	04:22	03:44	1:30	1:27:42	04:09	1:30:06	3:05:02	04:23	3:11:25	
Jürg Fraefel	0:39:14	3:55	06:02	04:54	04:37	04:22	03:44	1:30	1:27:42	04:09		3:05:03	04:23	3:14:07	
John C. Andrews	0:39:30	3:57	06:05	04:56	04:39	04:23	03:46	1:30	1:28:17	04:11	1:34:30	3:06:17	04:25	3:28:20	
Stefan Jansen	0:39:50	3:59	06:08	04:59	04:41	04:26	03:48	1:31	1:29:02	04:13		3:07:51	04:27		
Markus Moser	0:39:56	4:00	06:09	05:00	04:42	04:26	03:48	1:31	1:29:15	04:14		3:08:19	04:28		
Markus Binderszewsky	0:40:00	4:00	06:09	05:00	04:42	04:27	03:49	1:31	1:29:24	04:14		3:08:38	04:28	3:12:22	
Jan Bulckens	0:40:03	4:00	06:10	05:00	04:43	04:27	03:49	1:32	1:29:32	04:15		3:08:54	04:29	3:29:54	
Thomas Gretzmann	0:40:08	4:01	06:10	05:01	04:43	04:28	03:49	1:32	1:29:41	04:15		3:09:14	04:29		
Raffael Peluso	0:40:10	4:01	06:11	05:01	04:44	04:28	03:50	1:32	1:29:46	04:15	1:32:05	3:09:24	04:29		
Douwe Vonk	0:40:11	4:01	06:11	05:01	04:44	04:28	03:50	1:32	1:29:49	04:15	1:29:49	3:09:31	04:29	3:24:58	
Marco Vögeli	0:40:24	4:02	06:13	05:03	04:45	04:29	03:51	1:32	1:30:17	04:17		3:10:30	04:31		
Christian Derron	0:40:32	4:03	06:14	05:04	04:46	04:30	03:52	1:33	1:30:35	04:18		3:11:08	04:32		
Albert Knobel	0:40:33	4:03	06:14	05:04	04:46	04:30	03:52	1:33	1:30:37	04:18	1:30:42	3:11:12	04:32	3:13:01	
Jan Luternauer	0:40:35	4:04	06:15	05:04	04:46	04:31	03:52	1:33	1:30:42	04:18		3:11:23	04:32		
Daniel Feurer	0:40:44	4:04	06:16	05:06	04:48	04:32	03:53	1:33	1:31:02	04:19	1:31:10	3:12:06	04:33	3:34:09	
Pascal Züst	0:40:52	4:05	06:17	05:06	04:48	04:32	03:54	1:33	1:31:20	04:20	1:33:49	3:12:43	04:34		
Daniel Suppiger	0:40:57	4:06	06:18	05:07	04:49	04:33	03:54	1:34	1:31:31	04:20	1:31:31	3:13:06	04:35	3:29:23	
Otmar Jud	0:41:00	4:06	06:18	05:07	04:49	04:33	03:54	1:34	1:31:37	04:21	1:32:00	3:13:19	04:35		
Max Weiss	0:41:25	4:08	06:22	05:11	04:52	04:36	03:57	1:35	1:32:34	04:23	1:34:56	3:15:18	04:38	3:52:38	
Roger Schneider	0:41:34	4:09	06:24	05:12	04:53	04:37	03:58	1:35	1:32:55	04:24	1:33:08	3:16:02	04:39	3:16:02	
Kurt Behofsits	0:41:45	4:10	06:25	05:13	04:55	04:38	03:59	1:35	1:33:18	04:25	1:36:22	3:16:51	04:40	3:27:40	
Thomas Hauser	0:41:50	4:11	06:26	05:14	04:55	04:39	03:59	1:36	1:33:30	04:26		3:17:17	04:41		
Sepp Nötzli	0:41:55	4:12	06:27	05:14	04:56	04:39	04:00	1:36	1:33:41	04:26	1:39:21	3:17:41	04:41	3:43:06	

Trainingszonen

Männer



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m	Halbmarathon		Best-Zeit	Marathon		Best-Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Intervall	Zeit	Schnitt		Zeit	Schnitt		
Urs P. Ammann	0:42:06	4:13	06:29	05:16	04:57	04:41	04:01	1:36	1:34:06	04:28		3:18:32	04:42		
Beat Philipp	0:42:11	4:13	06:29	05:16	04:58	04:41	04:01	1:36	1:34:16	04:28		3:18:54	04:43	3:38:56	
Maurizio Spirito	0:42:20	4:14	06:31	05:17	04:59	04:42	04:02	1:37	1:34:37	04:29		3:19:38	04:44	3:19:38	
Hanspeter Suter	0:42:42	4:16	06:34	05:20	05:01	04:45	04:04	1:38	1:35:26	04:31	1:36:06	3:21:22	04:46	3:33:39	
Roland Strebel	0:42:43	4:16	06:34	05:20	05:01	04:45	04:04	1:38	1:35:28	04:31	1:38:57	3:21:25	04:46	4:13:11	
Edi Huber	0:42:49	4:17	06:35	05:21	05:02	04:45	04:05	1:38	1:35:41	04:32		3:21:53	04:47		
Markus Ruoss	0:42:57	4:18	06:37	05:22	05:03	04:46	04:05	1:38	1:36:01	04:33	1:44:37	3:22:34	04:48	3:43:10	
Marcel Fehr	0:43:00	4:18	06:37	05:23	05:04	04:47	04:06	1:38	1:36:06	04:33		3:22:47	04:48	3:41:44	
Michael Richter	0:43:05	4:19	06:38	05:23	05:04	04:47	04:06	1:38	1:36:18	04:34	1:40:56	3:23:12	04:49	3:58:17	
Roger Kistler	0:43:14	4:19	06:39	05:24	05:05	04:48	04:07	1:39	1:36:37	04:35	1:36:54	3:23:51	04:50	3:23:51	
Raphael Bachmann	0:43:20	4:20	06:40	05:25	05:06	04:49	04:08	1:39	1:36:51	04:35	1:36:51	3:24:21	04:51		
Stefan Achermann	0:43:20	4:20	06:40	05:25	05:06	04:49	04:08	1:39	1:36:52	04:35		3:24:22	04:51		
Ciro Calendo	0:43:21	4:20	06:40	05:25	05:06	04:49	04:08	1:39	1:36:54	04:36	1:49:51	3:24:28	04:51	3:57:36	
Rolf Kaul	0:43:27	4:21	06:41	05:26	05:07	04:50	04:08	1:39	1:37:06	04:36	1:37:06	3:24:53	04:51		
Andy Jung	0:43:28	4:21	06:41	05:26	05:07	04:50	04:08	1:39	1:37:09	04:36		3:24:59	04:51		
Mike Wisler	0:43:43	4:22	06:44	05:28	05:09	04:51	04:10	1:40	1:37:42	04:38	1:37:42	3:26:09	04:53		
Peter Kuster	0:43:47	4:23	06:44	05:28	05:09	04:52	04:10	1:40	1:37:51	04:38		3:26:27	04:54		
Rolf Messerli	0:43:50	4:23	06:45	05:29	05:09	04:52	04:10	1:40	1:37:57	04:39	1:46:35	3:26:40	04:54		
Patrick Grealy	0:43:52	4:23	06:45	05:29	05:10	04:52	04:11	1:40	1:38:03	04:39		3:26:52	04:54	3:57:30	
Michael Tschudi	0:43:56	4:24	06:46	05:30	05:10	04:53	04:11	1:40	1:38:13	04:39	1:50:17	3:27:13	04:55	3:49:35	
Ueli Brägger	0:43:57	4:24	06:46	05:30	05:10	04:53	04:11	1:40	1:38:14	04:39		3:27:16	04:55		
René Balz	0:44:10	4:25	06:48	05:31	05:12	04:54	04:12	1:41	1:38:43	04:41		3:28:17	04:56		
Thomas Nötzli	0:44:18	4:26	06:49	05:32	05:13	04:55	04:13	1:41	1:39:01	04:42		3:28:56	04:57		
Stefan Weilbacher	0:44:19	4:26	06:49	05:32	05:13	04:55	04:13	1:41	1:39:03	04:42	1:40:09	3:29:00	04:57		
Fabian Ruoss	0:44:28	4:27	06:50	05:34	05:14	04:56	04:14	1:42	1:39:23	04:43		3:29:43	04:58		
Peter Helbling	0:44:33	4:27	06:51	05:34	05:15	04:57	04:15	1:42	1:39:35	04:43	1:44:18	3:30:07	04:59		
Lorenz Jung	0:44:47	4:29	06:53	05:36	05:16	04:59	04:16	1:42	1:40:05	04:45		3:31:10	05:00		
Vincenzo Zuzolo	0:44:53	4:29	06:54	05:37	05:17	04:59	04:16	1:43	1:40:19	04:45	1:40:19	3:31:40	05:01	3:48:11	
Louis Giger	0:45:08	4:31	06:57	05:39	05:19	05:01	04:18	1:43	1:40:53	04:47		3:32:50	05:03		
Paul Meeusen	0:45:11	4:31	06:57	05:39	05:19	05:01	04:18	1:43	1:40:59	04:47		3:33:05	05:03		
Pius Amrein	0:45:22	4:32	06:59	05:40	05:20	05:02	04:19	1:44	1:41:24	04:48	1:44:22	3:33:56	05:04		
Adrian Stucki	0:45:41	4:34	07:02	05:43	05:22	05:05	04:21	1:44	1:42:06	04:50	1:42:06	3:35:26	05:06		
Christian Benz	0:45:43	4:34	07:02	05:43	05:23	05:05	04:21	1:44	1:42:11	04:51		3:35:35	05:07		
Stefan Jungo	0:45:51	4:35	07:03	05:44	05:24	05:06	04:22	1:45	1:42:30	04:51		3:36:15	05:08		
Roger Zopfi	0:45:58	4:36	07:04	05:45	05:24	05:06	04:23	1:45	1:42:44	04:52		3:36:46	05:08		
Rolf Wyss	0:46:06	4:37	07:06	05:46	05:25	05:07	04:23	1:45	1:43:02	04:53		3:37:24	05:09		
Marcel Wermelinger	0:46:18	4:38	07:07	05:47	05:27	05:09	04:25	1:46	1:43:29	04:54		3:38:21	05:10		
Walter Wettstein	0:46:21	4:38	07:08	05:48	05:27	05:09	04:25	1:46	1:43:35	04:55	1:43:35	3:38:34	05:11		

Trainingszonen

Männer



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m	Halbmarathon		Best-Zeit	Marathon		Best-Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Intervall	Zeit	Schnitt	Zeit		Schnitt		
Urs Baumann	0:46:25	4:38	07:08	05:48	05:28	05:09	04:25	1:46	1:43:44	04:55	1:53:49	3:38:52	05:11	3:58:50	
Roman Züger	0:46:28	4:39	07:09	05:49	05:28	05:10	04:26	1:46	1:43:52	04:55		3:39:09	05:12		
Hans Kessler	0:47:18	4:44	07:17	05:55	05:34	05:15	04:30	1:48	1:45:42	05:01		3:43:01	05:17		
Eduardo Calendo	0:47:18	4:44	07:17	05:55	05:34	05:15	04:30	1:48	1:45:42	05:01		3:43:02	05:17	4:17:55	
Daniel Jucker	0:47:19	4:44	07:17	05:55	05:34	05:15	04:30	1:48	1:45:46	05:01	1:45:46	3:43:10	05:17		
Mario Morger	0:47:25	4:44	07:18	05:56	05:35	05:16	04:31	1:48	1:45:59	05:01	1:48:12	3:43:36	05:18		
Heinz - Jürgen Albrecht	0:47:27	4:45	07:18	05:56	05:35	05:16	04:31	1:48	1:46:03	05:02		3:43:46	05:18		
Andreas Ruedt	0:47:48	4:47	07:21	05:58	05:37	05:19	04:33	1:49	1:46:50	05:04		3:45:25	05:21		
Stefan Rava	0:47:49	4:47	07:21	05:59	05:38	05:19	04:33	1:49	1:46:52	05:04	2:06:39	3:45:29	05:21		
Klemen Jakopic	0:47:55	4:47	07:22	05:59	05:38	05:19	04:34	1:50	1:47:05	05:05		3:45:57	05:21		
Bruno Schätti	0:47:55	4:47	07:22	05:59	05:38	05:19	04:34	1:50	1:47:06	05:05		3:45:58	05:21		
Edgar Schnider	0:48:07	4:49	07:24	06:01	05:40	05:21	04:35	1:50	1:47:33	05:06		3:46:56	05:23		
Andreas Bleiker	0:48:16	4:50	07:26	06:02	05:41	05:22	04:36	1:50	1:47:53	05:07	1:47:53	3:47:38	05:24	4:05:43	
Silvan Bruhin	0:48:36	4:52	07:29	06:05	05:43	05:24	04:38	1:51	1:48:38	05:09		3:49:12	05:26		
Bruno Knittel	0:48:43	4:52	07:30	06:05	05:44	05:25	04:38	1:51	1:48:53	05:10		3:49:44	05:27		
Paul Bürgi	0:48:59	4:54	07:32	06:07	05:46	05:27	04:40	1:52	1:49:29	05:11		3:51:00	05:28	3:51:00	
André Huber	0:49:04	4:54	07:33	06:08	05:46	05:27	04:40	1:52	1:49:40	05:12	1:56:44	3:51:24	05:29		
Kaspar Kennel	0:49:20	4:56	07:35	06:10	05:48	05:29	04:42	1:53	1:50:16	05:14		3:52:39	05:31		
Ernst Ziegler	0:49:20	4:56	07:35	06:10	05:48	05:29	04:42	1:53	1:50:16	05:14		3:52:40	05:31		
Ruedi Honegger	0:49:51	4:59	07:40	06:14	05:52	05:32	04:45	1:54	1:51:24	05:17	1:51:24	3:55:03	05:34	4:19:59	
Helmut Scholpp	0:49:56	5:00	07:41	06:15	05:52	05:33	04:45	1:54	1:51:37	05:17		3:55:30	05:35		
Sergio La Monica	0:50:04	5:00	07:42	06:15	05:53	05:34	04:46	1:54	1:51:54	05:18		3:56:06	05:36		
Marcel Kauer	0:50:06	5:01	07:42	06:16	05:54	05:34	04:46	1:55	1:51:58	05:18	1:52:01	3:56:15	05:36		
Mark Jones	0:50:43	5:04	07:48	06:20	05:58	05:38	04:50	1:56	1:53:20	05:22		3:59:08	05:40		
Niklas Hoppe	0:51:16	5:08	07:53	06:25	06:02	05:42	04:53	1:57	1:54:36	05:26		4:01:47	05:44	4:01:47	
Jens Deicher	0:51:17	5:08	07:53	06:25	06:02	05:42	04:53	1:57	1:54:37	05:26	1:57:55	4:01:49	05:44		
Peter Ernst	0:51:21	5:08	07:54	06:25	06:02	05:42	04:53	1:57	1:54:46	05:26		4:02:09	05:44	4:10:09	
Benj Pfister	0:51:28	5:09	07:55	06:26	06:03	05:43	04:54	1:58	1:55:02	05:27		4:02:42	05:45		
Dominik Rohr	0:52:11	5:13	08:02	06:31	06:08	05:48	04:58	1:59	1:56:38	05:32		4:06:06	05:50		
Marek Schneider	0:52:27	5:15	08:04	06:33	06:10	05:50	05:00	2:00	1:57:14	05:33		4:07:22	05:52		
Nils Boomsma	0:52:45	5:17	08:07	06:36	06:12	05:52	05:01	2:01	1:57:55	05:35		4:08:47	05:54		
Achim Traut	0:53:00	5:18	08:09	06:38	06:14	05:53	05:03	2:01	1:58:29	05:37		4:09:59	05:55		
Marcel Köbeli	0:53:20	5:20	08:12	06:40	06:17	05:56	05:05	2:02	1:59:13	05:39		4:11:32	05:58		
Pierre-Olivier Neyraud	0:53:36	5:22	08:15	06:42	06:18	05:57	05:06	2:03	1:59:48	05:41		4:12:46	05:59		
Peter Grossmann	0:54:22	5:26	08:22	06:48	06:24	06:02	05:11	2:04	2:01:31	05:46		4:16:23	06:05		
Michael Lanker	0:54:40	5:28	08:25	06:50	06:26	06:04	05:12	2:05	2:02:11	05:47	2:02:11	4:17:48	06:07		
Bruno Christen	0:55:20	5:32	08:31	06:55	06:31	06:09	05:16	2:06	2:03:40	05:52		4:20:57	06:11		

Trainingszonen

Männer



Joggerträff Pfäffikon

Jogger	10 Km		Trainingszonen min/km						400 m Intervall	Halbmarathon		Best- Zeit	Marathon		Best- Zeit
	Zeit	Schnitt	65%	80%	85%	90%	105%	Zeit		Schnitt	Zeit		Schnitt		
Remo Honegger	0:55:37	5:34	08:33	06:57	06:33	06:11	05:18	2:07	2:04:18	05:54	2:04:18	4:22:16	06:13		
Christof Tschertter	0:56:40	5:40	08:43	07:05	06:40	06:18	05:24	2:10	2:06:40	06:00		4:27:16	06:20		
Peter Bonthuis	0:57:00	5:42	08:46	07:07	06:42	06:20	05:26	2:10	2:07:23	06:02		4:28:47	06:22		
Ernst Schuler	0:57:38	5:46	08:52	07:12	06:47	06:24	05:29	2:12	2:08:49	06:06		4:31:47	06:26		
Frank Oosterbaan	1:00:32	6:03	09:19	07:34	07:07	06:44	05:46	2:18	2:15:17	06:25		4:45:26	06:46		
Richard Debrot	1:00:36	6:04	09:19	07:34	07:08	06:44	05:46	2:18	2:15:26	06:25		4:45:44	06:46		
Markus Bachmann	1:05:24	6:32	10:04	08:11	07:42	07:16	06:14	2:29	2:26:10	06:56		5:08:25	07:19		
Ueli Wolf	1:08:30	6:51	10:32	08:34	08:03	07:37	06:31	2:37	2:33:05	07:15		5:23:00	07:39		
Herby Züger	1:10:41	7:04	10:52	08:50	08:19	07:51	06:44	2:42	2:37:59	07:29		5:33:20	07:54		
Chris Wiederkehr	1:11:41	7:10	11:02	08:58	08:26	07:58	06:50	2:44	2:40:14	07:36		5:38:05	08:01		
Walter Hohl	1:15:07	7:31	11:33	09:23	08:50	08:21	07:09	2:52	2:47:53	07:57		5:54:14	08:24		