



38. SOLA-Stafette

Zürich / 07.05.2011

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Run for your life science

□□: ETH
□□: 110

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:22:01

□□: 12.38 km/h
□□□□: 4:48 min/km

□□□□□: 104 (of 790)

□□□□□□: 6:52:28

□□□□□: 7(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	135	5:41	307	7:04	4.40	22:53	5:12	1	22:53	1	22:53
Buchlern	13.25		4:40	173	14:28	387	18:58	17.65	1:24:52	4:48	1	1:24:52	1	1:24:52
Uetliberg	6.20		6:10	207	9:07	430	12:43	23.85	2:03:11	5:09	1	2:03:11	1	2:03:11
Felsenegg	5.90		5:19	197	8:49	410	11:30	29.75	2:34:38	5:11	1	2:34:38	1	2:34:38
Buchlern	14.02		4:17	29	8:19	111	12:20	43.77	3:34:46	4:54	1	3:34:46	1	3:34:46
Hönggerberg	11.10		5:11	190	15:51	400	18:32	54.87	4:32:27	4:57	1	4:32:27	1	4:32:27
Irchel	5.10		4:07	10	1:55	43	4:15	59.97	4:53:28	4:53	1	4:53:28	1	4:53:28
Fluntern	6.34		4:38	47	5:34	143	7:39	66.31	5:22:55	4:52	1	5:22:55	1	5:22:55
Forch	11.30		4:44	50	12:08	168	15:00	77.61	6:16:35	4:51	1	6:16:35	1	6:16:35
Egg	8.75		4:41	29	7:42	117	8:56	86.36	6:57:42	4:50	1	6:57:42	1	6:57:42
Zumikon	12.99		5:19	207	16:08	437	22:17	99.35	8:06:58	4:54	1	8:06:58	1	8:06:58
Witikon	6.91		4:01	23	3:57	83	6:45	106.26	8:34:45	4:50	1	8:34:45	1	8:34:45
Fluntern	4.90		4:52	101	7:04	277	7:36	111.16	8:58:40	4:50	1	8:58:40	1	8:58:40
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Irchel	5.64		4:08	15	3:08	60	4:42	116.80	9:22:01	4:48	11	1:11:49	111	2:30:05