



38. SOLA-Stafette

Zürich / 07.05.2011

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Runalytics

□□: ETH
□□: 111

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:34:15

□□: 10.97 km/h
□□□□: 5:25 min/km

□□□□□: 539 (of 790)

□□□□□□: 6:52:28

□□□□□: 255(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:01	357	9:19	630	10:42	4.40	26:31	6:01	1	26:31	1	26:31
Buchlern	13.25		4:57	293	18:16	554	22:46	17.65	1:32:18	5:13	1	1:32:18	1	1:32:18
Uetliberg	6.20		6:45	335	12:45	613	16:21	23.85	2:14:15	5:37	1	2:14:15	1	2:14:15
Felsenegg	5.90		5:00	119	6:55	282	9:36	29.75	2:43:48	5:30	1	2:43:48	1	2:43:48
Buchlern	14.02		4:16	26	8:11	106	12:12	43.77	3:43:48	5:06	1	3:43:48	1	3:43:48
Hönggerberg	11.10		6:00	400	24:51	689	27:32	54.87	4:50:29	5:17	1	4:50:29	1	4:50:29
Irchel	5.10		5:00	106	6:26	263	8:46	59.97	5:16:01	5:16	1	5:16:01	1	5:16:01
Fluntern	6.34		5:10	178	8:57	395	11:02	66.31	5:48:51	5:15	1	5:48:51	1	5:48:51
Forch	11.30		6:23	432	30:43	739	33:35	77.61	7:01:06	5:25	1	7:01:06	1	7:01:06
Egg	8.75		5:30	258	14:49	500	16:03	86.36	7:49:20	5:26	1	7:49:20	1	7:49:20
Zumikon	12.99		5:50	359	22:48	649	28:57	99.35	9:05:16	5:29	1	9:05:16	1	9:05:16
Witikon	6.91		4:17	73	5:52	188	8:40	106.26	9:34:58	5:24	1	9:34:58	1	9:34:58
Fluntern	4.90		6:14	395	13:44	686	14:16	111.16	10:05:33	5:26	1	10:05:33	1	10:05:33
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Irchel	5.64		5:05	207	8:29	419	10:03	116.80	10:34:15	5:25	266	2:24:03	557	3:42:19