



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

HSR High Speed Runners

□□: FH
□□: 134

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:59:09

□□: 11.70 km/h
□□□□: 5:07 min/km

□□□□□: 292 (of 790)

□□□□□□: 6:52:28

□□□□□: 77(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:56	334	8:57	601	10:20	4.40	26:09	5:56	1	26:09	1	26:09
Buchlern	13.25		4:59	301	18:38	565	23:08	17.65	1:32:18	5:13	1	1:32:18	1	1:32:18
Uetliberg	6.20		5:35	60	5:26	175	9:02	23.85	2:06:56	5:19	1	2:06:56	1	2:06:56
Felsenegg	5.90		5:19	193	8:47	403	11:28	29.75	2:38:21	5:19	1	2:38:21	1	2:38:21
Buchlern	14.02		4:56	178	17:23	391	21:24	43.77	3:47:33	5:11	1	3:47:33	1	3:47:33
Hönggerberg	11.10		5:11	187	15:47	396	18:28	54.87	4:45:10	5:11	1	4:45:10	1	4:45:10
Irchel	5.10		4:51	79	5:39	209	7:59	59.97	5:09:55	5:10	1	5:09:55	1	5:09:55
Fluntern	6.34		5:03	139	8:09	324	10:14	66.31	5:41:57	5:09	1	5:41:57	1	5:41:57
Forch	11.30		4:48	59	12:53	188	15:45	77.61	6:36:22	5:06	1	6:36:22	1	6:36:22
Egg	8.75		5:34	272	15:19	523	16:33	86.36	7:25:06	5:09	1	7:25:06	1	7:25:06
Zumikon	12.99		5:12	168	14:33	381	20:42	99.35	8:32:47	5:09	1	8:32:47	1	8:32:47
Witikon	6.91		4:58	271	10:34	520	13:22	106.26	9:07:11	5:08	1	9:07:11	1	9:07:11
Fluntern	4.90		4:38	64	5:56	202	6:28	111.16	9:29:58	5:07	1	9:29:58	1	9:29:58
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:10	235	8:58	466	10:32	116.80	9:59:09	5:07	87	1:48:57	308	3:07:13