



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## AdNovum Runnables Reloaded

□□: Alumni

□□: 155

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:36:42

□□: 10.93 km/h

□□□□: 5:27 min/km

□□□□□: 553 (of 790)

□□□□□□: 6:52:28

□□□□□: 265(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:26	418	11:10	716	12:33	4.40	28:22	6:26	1	28:22	1	28:22
Buchlern	13.25		4:58	294	18:23	555	22:53	17.65	1:34:16	5:20	1	1:34:16	1	1:34:16
Uetliberg	6.20		6:01	156	8:07	356	11:43	23.85	2:11:35	5:31	1	2:11:35	1	2:11:35
Felsenegg	5.90		6:03	382	13:04	670	15:45	29.75	2:47:17	5:37	1	2:47:17	1	2:47:17
Buchlern	14.02		5:22	317	23:34	593	27:35	43.77	4:02:40	5:32	1	4:02:40	1	4:02:40
Hönggerberg	11.10		5:04	157	14:33	346	17:14	54.87	4:59:03	5:27	1	4:59:03	1	4:59:03
Irchel	5.10		4:47	69	5:18	187	7:38	59.97	5:23:27	5:23	1	5:23:27	1	5:23:27
Fluntern	6.34		5:17	231	9:43	472	11:48	66.31	5:57:03	5:23	1	5:57:03	1	5:57:03
Forch	11.30		5:09	159	16:46	357	19:38	77.61	6:55:21	5:21	1	6:55:21	1	6:55:21
Egg	8.75		5:15	163	12:40	367	13:54	86.36	7:41:26	5:20	1	7:41:26	1	7:41:26
Zumikon	12.99		6:36	450	32:45	758	38:54	99.35	9:07:19	5:30	1	9:07:19	1	9:07:19
Witikon	6.91		4:39	163	8:23	366	11:11	106.26	9:39:32	5:27	1	9:39:32	1	9:39:32
Fluntern	4.90		5:27	233	9:56	485	10:28	111.16	10:06:19	5:27	1	10:06:19	1	10:06:19
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Irchel	5.64		5:23	295	10:10	549	11:44	116.80	10:36:42	5:27	276	2:26:30	571	3:44:46