



38. SOLA-Stafette

Zürich / 07.05.2011

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B&G Runners

□□: Alumni

□□: 173

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:28:14

□□: 11.08 km/h

□□□□: 5:22 min/km

□□□□□: 499 (of 790)

□□□□□□: 6:52:28

□□□□□: 221(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:06	375	9:39	654	11:02	4.40	26:51	6:06	1	26:51	1	26:51
Buchlern	13.25		4:26	86	11:17	239	15:47	17.65	1:25:39	4:51	1	1:25:39	1	1:25:39
Uetliberg	6.20		6:00	151	8:04	351	11:40	23.85	2:02:55	5:09	1	2:02:55	1	2:02:55
Felsenegg	5.90		5:04	135	7:19	308	10:00	29.75	2:32:52	5:08	1	2:32:52	1	2:32:52
Buchlern	14.02		5:27	340	24:37	623	28:38	43.77	3:49:18	5:14	1	3:49:18	1	3:49:18
Hönggerberg	11.10		6:36	453	31:34	757	34:15	54.87	5:02:42	5:31	1	5:02:42	1	5:02:42
Irchel	5.10		6:26	391	13:43	689	16:03	59.97	5:35:31	5:35	1	5:35:31	1	5:35:31
Fluntern	6.34		5:51	360	13:14	646	15:19	66.31	6:12:38	5:37	1	6:12:38	1	6:12:38
Forch	11.30		5:02	119	15:21	293	18:13	77.61	7:09:31	5:32	1	7:09:31	1	7:09:31
Egg	8.75		5:22	207	13:33	431	14:47	86.36	7:56:29	5:31	1	7:56:29	1	7:56:29
Zumikon	12.99		5:00	106	11:54	285	18:03	99.35	9:01:31	5:27	1	9:01:31	1	9:01:31
Witikon	6.91		4:04	38	4:21	107	7:09	106.26	9:29:42	5:21	1	9:29:42	1	9:29:42
Fluntern	4.90		4:59	132	7:37	328	8:09	111.16	9:54:10	5:20	1	9:54:10	1	9:54:10
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Irchel	5.64		6:02	410	13:51	713	15:25	116.80	10:28:14	5:22	232	2:18:02	517	3:36:18