



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

B&K Runners

□□: Alumni

□□: 174

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:01:46

□□: 11.65 km/h

□□□□: 5:09 min/km

□□□□□: 317 (of 790)

□□□□□□: 6:52:28

□□□□□: 91(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:20 | 173 | 6:20 | 365 | 7:43 | 4.40 | 23:32 | 5:20 | 1 | 23:32 | 1 | 23:32 |
| Buchlern | 13.25 | | 3:56 | 8 | 4:36 | 54 | 9:06 | 17.65 | 1:15:39 | 4:17 | 1 | 1:15:39 | 1 | 1:15:39 |
| Uetliberg | 6.20 | | 5:10 | 17 | 2:51 | 65 | 6:27 | 23.85 | 1:47:42 | 4:30 | 1 | 1:47:42 | 1 | 1:47:42 |
| Felsenegg | 5.90 | | 6:15 | 412 | 14:20 | 707 | 17:01 | 29.75 | 2:24:40 | 4:51 | 1 | 2:24:40 | 1 | 2:24:40 |
| Buchlern | 14.02 | | 5:19 | 298 | 22:50 | 565 | 26:51 | 43.77 | 3:39:19 | 5:00 | 1 | 3:39:19 | 1 | 3:39:19 |
| Hönggerberg | 11.10 | | 4:21 | 23 | 6:33 | 64 | 9:14 | 54.87 | 4:27:42 | 4:52 | 1 | 4:27:42 | 1 | 4:27:42 |
| Irchel | 5.10 | | 5:49 | 284 | 10:38 | 548 | 12:58 | 59.97 | 4:57:26 | 4:57 | 1 | 4:57:26 | 1 | 4:57:26 |
| Fluntern | 6.34 | | 6:04 | 398 | 14:41 | 694 | 16:46 | 66.31 | 5:36:00 | 5:04 | 1 | 5:36:00 | 1 | 5:36:00 |
| Forch | 11.30 | | 5:08 | 153 | 16:36 | 347 | 19:28 | 77.61 | 6:34:08 | 5:04 | 1 | 6:34:08 | 1 | 6:34:08 |
| Egg | 8.75 | | 5:26 | 228 | 14:15 | 468 | 15:29 | 86.36 | 7:21:48 | 5:06 | 1 | 7:21:48 | 1 | 7:21:48 |
| Zumikon | 12.99 | | 5:46 | 339 | 21:50 | 625 | 27:59 | 99.35 | 8:36:46 | 5:12 | 1 | 8:36:46 | 1 | 8:36:46 |
| Witikon | 6.91 | | 4:04 | 36 | 4:19 | 105 | 7:07 | 106.26 | 9:04:55 | 5:07 | 1 | 9:04:55 | 1 | 9:04:55 |
| Fluntern | 4.90 | | 5:18 | 207 | 9:08 | 448 | 9:40 | 111.16 | 9:30:54 | 5:08 | 1 | 9:30:54 | 1 | 9:30:54 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:28 | 316 | 10:39 | 578 | 12:13 | 116.80 | 10:01:46 | 5:09 | 101 | 1:51:34 | 333 | 3:09:50 |