



38. SOLA-Stafette

Zürich / 07.05.2011

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Backrunners

□□: Alumni
 □□: 175

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:01:46

□□: 12.85 km/h
 □□□□: 4:38 min/km

□□□□□: 64 (of 790)

□□□□□□: 6:52:28

□□□□□: 4(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:49	306	8:26	568	9:49	4.40	25:38	5:49	1	25:38	1	25:38
Buchlern	13.25		4:12	31	8:12	122	12:42	17.65	1:21:21	4:36	1	1:21:21	1	1:21:21
Uetliberg	6.20		6:14	219	9:29	447	13:05	23.85	2:00:02	5:01	1	2:00:02	1	2:00:02
Felsenegg	5.90		4:03	4	1:17	19	3:58	29.75	2:23:57	4:50	1	2:23:57	1	2:23:57
Buchlern	14.02		4:06	8	5:41	53	9:42	43.77	3:21:27	4:36	1	3:21:27	1	3:21:27
Hönggerberg	11.10		4:15	14	5:27	48	8:08	54.87	4:08:44	4:31	1	4:08:44	1	4:08:44
Irchel	5.10		4:57	98	6:11	249	8:31	59.97	4:34:01	4:34	1	4:34:01	1	4:34:01
Fluntern	6.34		4:52	88	7:01	232	9:06	66.31	5:04:55	4:35	1	5:04:55	1	5:04:55
Forch	11.30		4:49	60	12:59	190	15:51	77.61	5:59:26	4:37	1	5:59:26	1	5:59:26
Egg	8.75		4:08	5	2:52	26	4:06	86.36	6:35:43	4:34	1	6:35:43	1	6:35:43
Zumikon	12.99		4:33	29	6:10	116	12:19	99.35	7:35:01	4:34	1	7:35:01	1	7:35:01
Witikon	6.91		3:32	4	0:35	22	3:23	106.26	7:59:26	4:30	1	7:59:26	1	7:59:26
Fluntern	4.90		6:44	446	16:11	753	16:43	111.16	8:32:28	4:36	1	8:32:28	1	8:32:28
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Irchel	5.64		5:11	240	9:05	472	10:39	116.80	9:01:46	4:38	7	51:34	69	2:09:50