



38. SOLA-Stafette

Zürich / 07.05.2011

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Happy Condome Runners

□□: Alumni

□□: 232

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:47:43

□□: 10.75 km/h

□□□□: 5:32 min/km

□□□□□: 612 (of 790)

□□□□□□: 6:52:28

□□□□□: 318(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:57	72	4:35	185	5:58	4.40	21:47	4:57	1	21:47	1	21:47
Buchlern	13.25		4:58	294	18:23	555	22:53	17.65	1:27:41	4:58	1	1:27:41	1	1:27:41
Uetliberg	6.20		6:00	155	8:06	355	11:42	23.85	2:04:59	5:14	1	2:04:59	1	2:04:59
Felsenegg	5.90		5:36	281	10:29	529	13:10	29.75	2:38:06	5:18	1	2:38:06	1	2:38:06
Buchlern	14.02		5:21	313	23:25	587	27:26	43.77	3:53:20	5:19	1	3:53:20	1	3:53:20
Hönggerberg	11.10		5:40	329	21:10	598	23:51	54.87	4:56:20	5:24	1	4:56:20	1	4:56:20
Irchel	5.10		6:19	372	13:08	665	15:28	59.97	5:28:34	5:28	1	5:28:34	1	5:28:34
Fluntern	6.34		5:50	357	13:11	643	15:16	66.31	6:05:38	5:30	1	6:05:38	1	6:05:38
Forch	11.30		5:35	297	21:35	565	24:27	77.61	7:08:45	5:31	1	7:08:45	1	7:08:45
Egg	8.75		5:32	266	15:03	512	16:17	86.36	7:57:13	5:31	1	7:57:13	1	7:57:13
Zumikon	12.99		5:26	246	17:34	500	23:43	99.35	9:07:55	5:30	1	9:07:55	1	9:07:55
Witikon	6.91		4:42	180	8:39	389	11:27	106.26	9:40:24	5:27	1	9:40:24	1	9:40:24
Fluntern	4.90		5:59	359	12:30	642	13:02	111.16	10:09:45	5:29	1	10:09:45	1	10:09:45
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Irchel	5.64		6:43	458	17:45	769	19:19	116.80	10:47:43	5:32	330	2:37:31	631	3:55:47