



38. SOLA-Stafette

Zürich / 07.05.2011

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Highstreet-Runners

□□: Alumni
□□: 235

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:34:21

□□: 10.97 km/h
□□□□: 5:25 min/km

□□□□□: 540 (of 790)

□□□□□□: 6:52:28

□□□□□: 256(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:36	246	7:27	484	8:50	4.40	24:39	5:36	1	24:39	1	24:39
Buchlern	13.25		4:57	289	18:10	550	22:40	17.65	1:30:20	5:07	1	1:30:20	1	1:30:20
Uetliberg	6.20		7:25	421	16:49	721	20:25	23.85	2:16:21	5:43	1	2:16:21	1	2:16:21
Felsenegg	5.90		5:37	283	10:34	532	13:15	29.75	2:49:33	5:41	1	2:49:33	1	2:49:33
Buchlern	14.02		5:10	258	20:44	507	24:45	43.77	4:02:06	5:31	1	4:02:06	1	4:02:06
Hönggerberg	11.10		5:57	393	24:15	678	26:56	54.87	5:08:11	5:36	1	5:08:11	1	5:08:11
Irchel	5.10		7:12	456	17:40	761	20:00	59.97	5:44:57	5:45	1	5:44:57	1	5:44:57
Fluntern	6.34		5:36	322	11:39	591	13:44	66.31	6:20:29	5:44	1	6:20:29	1	6:20:29
Forch	11.30		5:39	315	22:29	592	25:21	77.61	7:24:30	5:43	1	7:24:30	1	7:24:30
Egg	8.75		4:52	66	9:18	191	10:32	86.36	8:07:13	5:38	1	8:07:13	1	8:07:13
Zumikon	12.99		4:44	54	8:31	181	14:40	99.35	9:08:52	5:31	1	9:08:52	1	9:08:52
Witikon	6.91		4:41	178	8:36	385	11:24	106.26	9:41:18	5:28	1	9:41:18	1	9:41:18
Fluntern	4.90		6:27	420	14:46	723	15:18	111.16	10:12:55	5:30	1	10:12:55	1	10:12:55
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Irchel	5.64		3:48	4	1:13	29	2:47	116.80	10:34:21	5:25	267	2:24:09	558	3:42:25