



38. SOLA-Stafette

Zürich / 07.05.2011

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Montana Zugerberg Runners

□□□: 10:28:33

□□: Alumni

□□: 11.07 km/h

□□: 273

□□□□: 5:22 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 501 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 223(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:14	146	5:52	324	7:15	4.40	23:04	5:14	1	23:04	1	23:04
Buchlern	13.25		5:12	362	21:23	645	25:53	17.65	1:31:58	5:12	1	1:31:58	1	1:31:58
Uetliberg	6.20		6:33	298	11:25	561	15:01	23.85	2:12:35	5:33	1	2:12:35	1	2:12:35
Felsenegg	5.90		4:40	48	4:57	135	7:38	29.75	2:40:10	5:23	1	2:40:10	1	2:40:10
Buchlern	14.02		4:22	39	9:28	133	13:29	43.77	3:41:27	5:03	1	3:41:27	1	3:41:27
Hönggerberg	11.10		5:24	245	18:11	485	20:52	54.87	4:41:28	5:07	1	4:41:28	1	4:41:28
Irchel	5.10		5:48	282	10:33	545	12:53	59.97	5:11:07	5:11	1	5:11:07	1	5:11:07
Fluntern	6.34		5:53	368	13:28	654	15:33	66.31	5:48:28	5:15	1	5:48:28	1	5:48:28
Forch	11.30		6:20	427	30:09	734	33:01	77.61	7:00:09	5:24	1	7:00:09	1	7:00:09
Egg	8.75		5:15	159	12:32	359	13:46	86.36	7:46:06	5:23	1	7:46:06	1	7:46:06
Zumikon	12.99		5:22	225	16:47	464	22:56	99.35	8:56:01	5:23	1	8:56:01	1	8:56:01
Witikon	6.91		4:29	119	7:14	285	10:02	106.26	9:27:05	5:20	1	9:27:05	1	9:27:05
Fluntern	4.90		5:38	282	10:47	543	11:19	111.16	9:54:43	5:21	1	9:54:43	1	9:54:43
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Irchel	5.64		5:59	404	13:37	704	15:11	116.80	10:28:33	5:22	234	2:18:21	519	3:36:37