



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

MTLC Runners

□□: Alumni
□□: 274

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:03:57

□□: 10.48 km/h
□□□□: 5:41 min/km

□□□□□: 686 (of 790)

□□□□□□: 6:52:28

□□□□□: 388(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|----------|-----------|-----------|
| Hönggerberg | 4.40 | | 4:53 | 56 | 4:19 | 155 | 5:42 | 4.40 | 21:31 | 4:53 | 1 | 21:31 | 1 | 21:31 |
| Buchlern | 13.25 | | 4:40 | 177 | 14:32 | 392 | 19:02 | 17.65 | 1:23:34 | 4:44 | 1 | 1:23:34 | 1 | 1:23:34 |
| Uetliberg | 6.20 | | 6:30 | 291 | 11:08 | 545 | 14:44 | 23.85 | 2:03:54 | 5:11 | 1 | 2:03:54 | 1 | 2:03:54 |
| Felsenegg | 5.90 | | 4:32 | 22 | 4:09 | 90 | 6:50 | 29.75 | 2:30:41 | 5:03 | 1 | 2:30:41 | 1 | 2:30:41 |
| Buchlern | 14.02 | | 6:09 | 441 | 34:28 | 747 | 38:29 | 43.77 | 3:56:58 | 5:24 | 1 | 3:56:58 | 1 | 3:56:58 |
| Hönggerberg | 11.10 | | 6:49 | 459 | 33:58 | 768 | 36:39 | 54.87 | 5:12:46 | 5:42 | 1 | 5:12:46 | 1 | 5:12:46 |
| Irchel | 5.10 | | 6:20 | 375 | 13:14 | 668 | 15:34 | 59.97 | 5:45:06 | 5:45 | 1 | 5:45:06 | 1 | 5:45:06 |
| Fluntern | 6.34 | | 5:44 | 337 | 12:31 | 617 | 14:36 | 66.31 | 6:21:30 | 5:45 | 1 | 6:21:30 | 1 | 6:21:30 |
| Forch | 11.30 | | 4:26 | 20 | 8:39 | 81 | 11:31 | 77.61 | 7:11:41 | 5:33 | 1 | 7:11:41 | 1 | 7:11:41 |
| Egg | 8.75 | | 6:40 | 446 | 25:01 | 753 | 26:15 | 86.36 | 8:10:07 | 5:40 | 1 | 8:10:07 | 1 | 8:10:07 |
| Zumikon | 12.99 | | 6:02 | 394 | 25:24 | 696 | 31:33 | 99.35 | 9:28:39 | 5:43 | 1 | 9:28:39 | 1 | 9:28:39 |
| Witikon | 6.91 | | 5:23 | 370 | 13:28 | 653 | 16:16 | 106.26 | 10:05:57 | 5:42 | 1 | 10:05:57 | 1 | 10:05:57 |
| Fluntern | 4.90 | | 5:47 | 312 | 11:32 | 584 | 12:04 | 111.16 | 10:34:20 | 5:42 | 1 | 10:34:20 | 1 | 10:34:20 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:15 | 260 | 9:24 | 498 | 10:58 | 116.80 | 11:03:57 | 5:41 | 400 | 2:53:45 | 705 | 4:12:01 |