



38. SOLA-Stafette

Zürich / 07.05.2011

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MTLC Runners

□□: Alumni

□□: 274

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:03:57

□□: 10.56 km/h

□□□□: 5:41 min/km

□□□□□: 686 (of 790)

□□□□□□: 6:52:28

□□□□□: 388(of 477)

□□□□□□□: 8:43:10

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□□□	□□ 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
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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