



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ND Ranners

□□: Alumni

□□: 275

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:10:23

□□: 10.38 km/h

□□□□: 5:44 min/km

□□□□□: 709 (of 790)

□□□□□□: 6:52:28

□□□□□: 408(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:34	25	2:55	83	4:18	4.40	20:07	4:34	1	20:07	1	20:07
Buchlern	13.25		4:38	151	13:55	356	18:25	17.65	1:21:33	4:37	1	1:21:33	1	1:21:33
Uetliberg	6.20		7:55	447	19:57	752	23:33	23.85	2:10:42	5:28	1	2:10:42	1	2:10:42
Felsenegg	5.90		5:39	299	10:47	551	13:28	29.75	2:44:07	5:30	1	2:44:07	1	2:44:07
Buchlern	14.02		5:21	310	23:20	583	27:21	43.77	3:59:16	5:27	1	3:59:16	1	3:59:16
Hönggerberg	11.10		7:08	465	37:28	775	40:09	54.87	5:18:34	5:48	1	5:18:34	1	5:18:34
Irchel	5.10		6:18	366	13:03	658	15:23	59.97	5:50:43	5:50	1	5:50:43	1	5:50:43
Fluntern	6.34		6:25	438	16:51	742	18:56	66.31	6:31:27	5:54	1	6:31:27	1	6:31:27
Forch	11.30		5:19	217	18:41	444	21:33	77.61	7:31:40	5:49	1	7:31:40	1	7:31:40
Egg	8.75		6:07	398	20:12	690	21:26	86.36	8:25:17	5:51	1	8:25:17	1	8:25:17
Zumikon	12.99		5:14	178	14:52	394	21:01	99.35	9:33:17	5:46	1	9:33:17	1	9:33:17
Witikon	6.91		6:18	454	19:48	760	22:36	106.26	10:16:55	5:48	1	10:16:55	1	10:16:55
Fluntern	4.90		4:54	106	7:11	284	7:43	111.16	10:40:57	5:45	1	10:40:57	1	10:40:57
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Irchel	5.64		5:13	247	9:13	480	10:47	116.80	11:10:23	5:44	420	3:00:11	729	4:18:27