



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## OrbiRun

□□: Alumni

□□: 279

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:29:41

□□: 11.13 km/h

□□□□: 5:23 min/km

□□□□□: 507 (of 790)

□□□□□□: 6:52:28

□□□□□: 228(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:07	382	9:46	661	11:09	4.40	26:58	6:07	1	26:58	1	26:58
Buchlern	13.25		4:16	45	9:08	157	13:38	17.65	1:23:37	4:44	1	1:23:37	1	1:23:37
Uetliberg	6.20		7:34	432	17:45	734	21:21	23.85	2:10:34	5:28	1	2:10:34	1	2:10:34
Felsenegg	5.90		5:29	239	9:44	469	12:25	29.75	2:42:56	5:28	1	2:42:56	1	2:42:56
Buchlern	14.02		5:02	215	18:52	446	22:53	43.77	3:53:37	5:20	1	3:53:37	1	3:53:37
Hönggerberg	11.10		5:43	342	21:47	616	24:28	54.87	4:57:14	5:25	1	4:57:14	1	4:57:14
Irchel	5.10		5:05	119	6:53	287	9:13	59.97	5:23:13	5:23	1	5:23:13	1	5:23:13
Fluntern	6.34		5:34	314	11:29	579	13:34	66.31	5:58:35	5:24	1	5:58:35	1	5:58:35
Forch	11.30		4:59	103	14:54	269	17:46	77.61	6:55:01	5:20	1	6:55:01	1	6:55:01
Egg	8.75		5:18	190	13:05	401	14:19	86.36	7:41:31	5:20	1	7:41:31	1	7:41:31
Zumikon	12.99		5:24	233	17:11	478	23:20	99.35	8:51:50	5:21	1	8:51:50	1	8:51:50
Witikon	6.91		5:50	420	16:29	722	19:17	106.26	9:32:09	5:23	1	9:32:09	1	9:32:09
Fluntern	4.90		4:44	76	6:21	228	6:53	111.16	9:55:21	5:21	1	9:55:21	1	9:55:21
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Irchel	5.64		6:05	417	14:07	720	15:41	116.80	10:29:41	5:23	239	2:19:29	525	3:37:45