



38. SOLA-Stafette

Zürich / 07.05.2011

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PES-Runners

□□: Alumni

□□: 280

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:20:01

□□: 10.24 km/h

□□□□: 5:49 min/km

□□□□□: 731 (of 790)

□□□□□□: 6:52:28

□□□□□: 429(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:07	381	9:45	660	11:08	4.40	26:57	6:07	1	26:57	1	26:57
Buchlern	13.25		5:04	323	19:43	599	24:13	17.65	1:34:11	5:20	1	1:34:11	1	1:34:11
Uetliberg	6.20		6:10	203	9:05	426	12:41	23.85	2:12:28	5:33	1	2:12:28	1	2:12:28
Felsenegg	5.90		5:11	154	7:57	344	10:38	29.75	2:43:03	5:28	1	2:43:03	1	2:43:03
Buchlern	14.02		4:51	150	16:15	345	20:16	43.77	3:51:07	5:16	1	3:51:07	1	3:51:07
Hönggerberg	11.10		5:45	352	22:04	627	24:45	54.87	4:55:01	5:22	1	4:55:01	1	4:55:01
Irchel	5.10		6:09	347	12:16	632	14:36	59.97	5:26:23	5:26	1	5:26:23	1	5:26:23
Fluntern	6.34		6:48	466	19:15	773	21:20	66.31	6:09:31	5:34	1	6:09:31	1	6:09:31
Forch	11.30		7:03	465	38:14	778	41:06	77.61	7:29:17	5:47	1	7:29:17	1	7:29:17
Egg	8.75		5:33	270	15:15	520	16:29	86.36	8:17:57	5:45	1	8:17:57	1	8:17:57
Zumikon	12.99		7:18	469	41:52	781	48:01	99.35	9:52:57	5:58	1	9:52:57	1	9:52:57
Witikon	6.91		4:55	257	10:09	501	12:57	106.26	10:26:56	5:53	1	10:26:56	1	10:26:56
Fluntern	4.90		5:13	192	8:47	425	9:19	111.16	10:52:34	5:52	1	10:52:34	1	10:52:34
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Irchel	5.64		4:52	149	7:14	326	8:48	116.80	11:20:01	5:49	440	3:09:49	751	4:28:05