



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Pfizer Runners

□□: Alumni

□□: 282

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:12:42

□□: 11.36 km/h

□□□□: 5:14 min/km

□□□□□: 389 (of 790)

□□□□□□: 6:52:28

□□□□□: 138(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:03	364	9:26	638	10:49	4.40	26:38	6:03	1	26:38	1	26:38
Buchlern	13.25		4:40	170	14:25	383	18:55	17.65	1:28:34	5:01	1	1:28:34	1	1:28:34
Uetliberg	6.20		5:56	134	7:39	319	11:15	23.85	2:05:25	5:15	1	2:05:25	1	2:05:25
Felsenegg	5.90		5:18	189	8:42	396	11:23	29.75	2:36:45	5:16	1	2:36:45	1	2:36:45
Buchlern	14.02		4:44	119	14:44	283	18:45	43.77	3:43:18	5:06	1	3:43:18	1	3:43:18
Hönggerberg	11.10		4:49	96	11:39	236	14:20	54.87	4:36:47	5:02	1	4:36:47	1	4:36:47
Irchel	5.10		4:48	71	5:23	192	7:43	59.97	5:01:16	5:01	1	5:01:16	1	5:01:16
Fluntern	6.34		6:31	445	17:27	750	19:32	66.31	5:42:36	5:09	1	5:42:36	1	5:42:36
Forch	11.30		5:18	215	18:31	440	21:23	77.61	6:42:39	5:11	1	6:42:39	1	6:42:39
Egg	8.75		5:17	175	12:52	383	14:06	86.36	7:28:56	5:11	1	7:28:56	1	7:28:56
Zumikon	12.99		5:00	106	11:54	285	18:03	99.35	8:33:58	5:10	1	8:33:58	1	8:33:58
Witikon	6.91		5:59	436	17:32	739	20:20	106.26	9:15:20	5:13	1	9:15:20	1	9:15:20
Fluntern	4.90		5:21	212	9:22	459	9:54	111.16	9:41:33	5:13	1	9:41:33	1	9:41:33
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Irchel	5.64		5:31	329	10:56	598	12:30	116.80	10:12:42	5:14	149	2:02:30	406	3:20:46