



38. SOLA-Stafette

Zürich / 07.05.2011

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ifi Runners

□□: UNI
□□: 29

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:22:27

□□: 10.20 km/h
□□□□: 5:50 min/km

□□□□□: 734 (of 790)

□□□□□□: 6:52:28

□□□□□: 431(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:26	416	11:08	714	12:31	4.40	28:20	6:26	1	28:20	1	28:20
Buchlern	13.25		4:59	303	18:41	567	23:11	17.65	1:34:32	5:21	1	1:34:32	1	1:34:32
Uetliberg	6.20		7:46	439	19:01	742	22:37	23.85	2:22:45	5:59	1	2:22:45	1	2:22:45
Felsenegg	5.90		5:50	332	11:48	601	14:29	29.75	2:57:11	5:57	1	2:57:11	1	2:57:11
Buchlern	14.02		5:22	318	23:36	594	27:37	43.77	4:12:36	5:46	1	4:12:36	1	4:12:36
Hönggerberg	11.10		9:03	473	58:38	785	1:01:19	54.87	5:53:04	6:26	1	5:53:04	1	5:53:04
Irchel	5.10		4:40	54	4:45	155	7:05	59.97	6:16:55	6:17	1	6:16:55	1	6:16:55
Fluntern	6.34		6:10	415	15:14	716	17:19	66.31	6:56:02	6:16	1	6:56:02	1	6:56:02
Forch	11.30		5:52	370	24:51	661	27:43	77.61	8:02:25	6:12	1	8:02:25	1	8:02:25
Egg	8.75		5:18	182	13:00	392	14:14	86.36	8:48:50	6:07	1	8:48:50	1	8:48:50
Zumikon	12.99		5:28	260	18:03	517	24:12	99.35	10:00:01	6:02	1	10:00:01	1	10:00:01
Witikon	6.91		4:28	114	7:08	278	9:56	106.26	10:30:59	5:56	1	10:30:59	1	10:30:59
Fluntern	4.90		5:10	182	8:30	404	9:02	111.16	10:56:20	5:54	1	10:56:20	1	10:56:20
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Irchel	5.64		4:37	95	5:54	229	7:28	116.80	11:22:27	5:50	443	3:12:15	754	4:30:31