



38. SOLA-Stafette

Zürich / 07.05.2011

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R&M freenet runners

□□: Alumni
 □□: 287

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:59:37

□□: 11.69 km/h
 □□□□: 5:08 min/km

□□□□□: 297 (of 790)

□□□□□□: 6:52:28

□□□□□: 80(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:04	370	9:32	646	10:55	4.40	26:44	6:04	1	26:44	1	26:44
Buchlern	13.25		4:29	106	12:05	273	16:35	17.65	1:26:20	4:53	1	1:26:20	1	1:26:20
Uetliberg	6.20		6:08	195	8:52	414	12:28	23.85	2:04:24	5:12	1	2:04:24	1	2:04:24
Felsenegg	5.90		5:41	305	10:55	559	13:36	29.75	2:37:57	5:18	1	2:37:57	1	2:37:57
Buchlern	14.02		4:17	28	8:17	110	12:18	43.77	3:38:03	4:58	1	3:38:03	1	3:38:03
Hönggerberg	11.10		4:29	36	8:01	99	10:42	54.87	4:27:54	4:52	1	4:27:54	1	4:27:54
Irchel	5.10		6:04	340	11:54	623	14:14	59.97	4:58:54	4:59	1	4:58:54	1	4:58:54
Fluntern	6.34		5:17	226	9:41	466	11:46	66.31	5:32:28	5:00	1	5:32:28	1	5:32:28
Forch	11.30		5:38	311	22:09	584	25:01	77.61	6:36:09	5:06	1	6:36:09	1	6:36:09
Egg	8.75		5:36	288	15:39	541	16:53	86.36	7:25:13	5:09	1	7:25:13	1	7:25:13
Zumikon	12.99		5:21	216	16:29	452	22:38	99.35	8:34:50	5:10	1	8:34:50	1	8:34:50
Witikon	6.91		4:53	241	9:58	480	12:46	106.26	9:08:38	5:09	1	9:08:38	1	9:08:38
Fluntern	4.90		4:55	108	7:16	292	7:48	111.16	9:32:45	5:09	1	9:32:45	1	9:32:45
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Irchel	5.64		4:45	122	6:39	277	8:13	116.80	9:59:37	5:08	90	1:49:25	313	3:07:41