



38. SOLA-Stafette

Zürich / 07.05.2011

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Resilient Runners

□□: Alumni
 □□: 290

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:35:43

□□: 10.95 km/h
 □□□□: 5:26 min/km

□□□□□: 548 (of 790)

□□□□□□: 6:52:28

□□□□□: 261(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:05	101	5:14	254	6:37	4.40	22:26	5:05	1	22:26	1	22:26
Buchlern	13.25		4:50	244	16:41	488	21:11	17.65	1:26:38	4:54	1	1:26:38	1	1:26:38
Uetliberg	6.20		6:08	189	8:51	408	12:27	23.85	2:04:41	5:13	1	2:04:41	1	2:04:41
Felsenegg	5.90		6:35	435	16:13	739	18:54	29.75	2:43:32	5:29	1	2:43:32	1	2:43:32
Buchlern	14.02		4:20	35	9:08	125	13:09	43.77	3:44:29	5:07	1	3:44:29	1	3:44:29
Hönggerberg	11.10		6:36	454	31:36	758	34:17	54.87	4:57:55	5:25	1	4:57:55	1	4:57:55
Irchel	5.10		7:06	451	17:07	755	19:27	59.97	5:34:08	5:34	1	5:34:08	1	5:34:08
Fluntern	6.34		5:05	149	8:23	343	10:28	66.31	6:06:24	5:31	1	6:06:24	1	6:06:24
Forch	11.30		5:10	168	16:58	367	19:50	77.61	7:04:54	5:28	1	7:04:54	1	7:04:54
Egg	8.75		4:49	54	8:48	167	10:02	86.36	7:47:07	5:24	1	7:47:07	1	7:47:07
Zumikon	12.99		6:04	399	25:46	701	31:55	99.35	9:06:01	5:29	1	9:06:01	1	9:06:01
Witikon	6.91		4:46	207	9:11	433	11:59	106.26	9:39:02	5:26	1	9:39:02	1	9:39:02
Fluntern	4.90		6:01	365	12:40	650	13:12	111.16	10:08:33	5:28	1	10:08:33	1	10:08:33
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Irchel	5.64		4:49	137	6:57	302	8:31	116.80	10:35:43	5:26	272	2:25:31	566	3:43:47