



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

RG-Runners

□□: Alumni

□□: 291

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:38:40

□□: 10.90 km/h

□□□□: 5:28 min/km

□□□□□: 566 (of 790)

□□□□□□: 6:52:28

□□□□□: 278(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|----------|-----------|-----------|
| Hönggerberg | 4.40 | | 6:03 | 366 | 9:29 | 641 | 10:52 | 4.40 | 26:41 | 6:03 | 1 | 26:41 | 1 | 26:41 |
| Buchlern | 13.25 | | 5:26 | 410 | 24:35 | 703 | 29:05 | 17.65 | 1:38:47 | 5:35 | 1 | 1:38:47 | 1 | 1:38:47 |
| Uetliberg | 6.20 | | 7:20 | 414 | 16:21 | 712 | 19:57 | 23.85 | 2:24:20 | 6:03 | 1 | 2:24:20 | 1 | 2:24:20 |
| Felsenegg | 5.90 | | 5:19 | 195 | 8:48 | 407 | 11:29 | 29.75 | 2:55:46 | 5:54 | 1 | 2:55:46 | 1 | 2:55:46 |
| Buchlern | 14.02 | | 5:10 | 257 | 20:43 | 506 | 24:44 | 43.77 | 4:08:18 | 5:40 | 1 | 4:08:18 | 1 | 4:08:18 |
| Hönggerberg | 11.10 | | 5:33 | 302 | 19:55 | 560 | 22:36 | 54.87 | 5:10:03 | 5:39 | 1 | 5:10:03 | 1 | 5:10:03 |
| Irchel | 5.10 | | 6:16 | 365 | 12:52 | 655 | 15:12 | 59.97 | 5:42:01 | 5:42 | 1 | 5:42:01 | 1 | 5:42:01 |
| Fluntern | 6.34 | | 6:02 | 390 | 14:24 | 681 | 16:29 | 66.31 | 6:20:18 | 5:44 | 1 | 6:20:18 | 1 | 6:20:18 |
| Forch | 11.30 | | 5:42 | 325 | 22:59 | 604 | 25:51 | 77.61 | 7:24:49 | 5:43 | 1 | 7:24:49 | 1 | 7:24:49 |
| Egg | 8.75 | | 5:04 | 111 | 10:55 | 278 | 12:09 | 86.36 | 8:09:09 | 5:39 | 1 | 8:09:09 | 1 | 8:09:09 |
| Zumikon | 12.99 | | 5:22 | 223 | 16:43 | 462 | 22:52 | 99.35 | 9:19:00 | 5:37 | 1 | 9:19:00 | 1 | 9:19:00 |
| Witikon | 6.91 | | 4:05 | 39 | 4:23 | 113 | 7:11 | 106.26 | 9:47:13 | 5:31 | 1 | 9:47:13 | 1 | 9:47:13 |
| Fluntern | 4.90 | | 4:14 | 21 | 3:54 | 80 | 4:26 | 111.16 | 10:07:58 | 5:28 | 1 | 10:07:58 | 1 | 10:07:58 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:26 | 313 | 10:29 | 571 | 12:03 | 116.80 | 10:38:40 | 5:28 | 289 | 2:28:28 | 584 | 3:46:44 |