



38. SOLA-Stafette

Zürich / 07.05.2011

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Run for Fun again

□□: Alumni

□□: 297

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:23:02

□□: 11.25 km/h

□□□□: 5:20 min/km

□□□□□: 459 (of 790)

□□□□□□: 6:52:28

□□□□□: 190(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:50	309	8:30	571	9:53	4.40	25:42	5:50	1	25:42	1	25:42
Buchlern	13.25		4:41	182	14:45	400	19:15	17.65	1:27:58	4:59	1	1:27:58	1	1:27:58
Uetliberg	6.20		7:24	420	16:46	720	20:22	23.85	2:13:56	5:36	1	2:13:56	1	2:13:56
Felsenegg	5.90		5:31	253	9:58	490	12:39	29.75	2:46:32	5:35	1	2:46:32	1	2:46:32
Buchlern	14.02		4:51	148	16:12	339	20:13	43.77	3:54:33	5:21	1	3:54:33	1	3:54:33
Hönggerberg	11.10		4:46	82	11:05	209	13:46	54.87	4:47:28	5:14	1	4:47:28	1	4:47:28
Irchel	5.10		4:56	94	6:04	239	8:24	59.97	5:12:38	5:12	1	5:12:38	1	5:12:38
Fluntern	6.34		5:21	251	10:06	496	12:11	66.31	5:46:37	5:13	1	5:46:37	1	5:46:37
Forch	11.30		5:14	188	17:40	398	20:32	77.61	6:45:49	5:13	1	6:45:49	1	6:45:49
Egg	8.75		6:45	449	25:39	758	26:53	86.36	7:44:53	5:22	1	7:44:53	1	7:44:53
Zumikon	12.99		4:50	73	9:48	218	15:57	99.35	8:47:49	5:18	1	8:47:49	1	8:47:49
Witikon	6.91		4:36	142	7:59	329	10:47	106.26	9:19:38	5:15	1	9:19:38	1	9:19:38
Fluntern	4.90		5:36	274	10:38	533	11:10	111.16	9:47:07	5:16	1	9:47:07	1	9:47:07
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Irchel	5.64		6:22	440	15:42	749	17:16	116.80	10:23:02	5:20	201	2:12:50	477	3:31:06