



38. SOLA-Stafette

Zürich / 07.05.2011

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Run4Fun

□□: Alumni

□□: 298

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:18:29

□□: 11.25 km/h

□□□□: 5:17 min/km

□□□□□: 424 (of 790)

□□□□□□: 6:52:28

□□□□□: 164(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:28	469	15:40	780	17:03	4.40	32:52	7:28	1	32:52	1	32:52
Buchlern	13.25		4:33	130	12:50	320	17:20	17.65	1:33:13	5:16	1	1:33:13	1	1:33:13
Uetliberg	6.20		6:18	236	9:53	471	13:29	23.85	2:12:18	5:32	1	2:12:18	1	2:12:18
Felsenegg	5.90		5:31	252	9:57	489	12:38	29.75	2:44:53	5:32	1	2:44:53	1	2:44:53
Buchlern	14.02		4:32	66	11:48	185	15:49	43.77	3:48:30	5:13	1	3:48:30	1	3:48:30
Hönggerberg	11.10		5:02	142	14:07	323	16:48	54.87	4:44:27	5:11	1	4:44:27	1	4:44:27
Irchel	5.10		4:56	97	6:08	246	8:28	59.97	5:09:41	5:09	1	5:09:41	1	5:09:41
Fluntern	6.34		5:17	231	9:43	472	11:48	66.31	5:43:17	5:10	1	5:43:17	1	5:43:17
Forch	11.30		5:38	312	22:13	586	25:05	77.61	6:47:02	5:14	1	6:47:02	1	6:47:02
Egg	8.75		5:04	112	10:59	283	12:13	86.36	7:31:26	5:13	1	7:31:26	1	7:31:26
Zumikon	12.99		5:54	373	23:38	666	29:47	99.35	8:48:12	5:18	1	8:48:12	1	8:48:12
Witikon	6.91		4:58	269	10:31	516	13:19	106.26	9:22:33	5:17	1	9:22:33	1	9:22:33
Fluntern	4.90		5:58	354	12:26	637	12:58	111.16	9:51:50	5:19	1	9:51:50	1	9:51:50
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Irchel	5.64		4:43	115	6:26	266	8:00	116.80	10:18:29	5:17	174	2:08:17	441	3:26:33