



38. SOLA-Stafette

Zürich / 07.05.2011

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running-at-low-risk

□□: Alumni

□□: 301

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:10:21

□□: 11.40 km/h

□□□□: 5:13 min/km

□□□□□: 377 (of 790)

□□□□□□: 6:52:28

□□□□□: 128(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:42	274	7:55	528	9:18	4.40	25:07	5:42	1	25:07	1	25:07
Buchlern	13.25		4:47	222	15:53	457	20:23	17.65	1:28:31	5:00	1	1:28:31	1	1:28:31
Uetliberg	6.20		6:15	225	9:39	455	13:15	23.85	2:07:22	5:20	1	2:07:22	1	2:07:22
Felsenegg	5.90		5:55	358	12:22	639	15:03	29.75	2:42:22	5:27	1	2:42:22	1	2:42:22
Buchlern	14.02		4:46	128	15:04	296	19:05	43.77	3:49:15	5:14	1	3:49:15	1	3:49:15
Hönggerberg	11.10		5:36	309	20:22	570	23:03	54.87	4:51:27	5:18	1	4:51:27	1	4:51:27
Irchel	5.10		6:50	440	15:49	740	18:09	59.97	5:26:22	5:26	1	5:26:22	1	5:26:22
Fluntern	6.34		5:13	198	9:14	424	11:19	66.31	5:59:29	5:25	1	5:59:29	1	5:59:29
Forch	11.30		5:05	141	16:00	327	18:52	77.61	6:57:01	5:22	1	6:57:01	1	6:57:01
Egg	8.75		4:45	40	8:14	141	9:28	86.36	7:38:40	5:18	1	7:38:40	1	7:38:40
Zumikon	12.99		5:13	176	14:50	392	20:59	99.35	8:46:38	5:18	1	8:46:38	1	8:46:38
Witikon	6.91		4:33	135	7:42	315	10:30	106.26	9:18:10	5:15	1	9:18:10	1	9:18:10
Fluntern	4.90		4:17	27	4:12	99	4:44	111.16	9:39:13	5:12	1	9:39:13	1	9:39:13
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Irchel	5.64		5:31	328	10:55	597	12:29	116.80	10:10:21	5:13	139	2:00:09	394	3:18:25