



38. SOLA-Stafette

Zürich / 07.05.2011

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Schlössli Runners

□□: Alumni
□□: 302

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:19:38

□□: 11.23 km/h
□□□□: 5:18 min/km

□□□□□: 438 (of 790)

□□□□□□: 6:52:28

□□□□□: 174(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:02	87	4:59	220	6:22	4.40	22:11	5:02	1	22:11	1	22:11
Buchlern	13.25		5:29	421	25:12	717	29:42	17.65	1:34:54	5:22	1	1:34:54	1	1:34:54
Uetliberg	6.20		7:47	440	19:06	743	22:42	23.85	2:23:12	6:00	1	2:23:12	1	2:23:12
Felsenegg	5.90		5:52	346	12:04	621	14:45	29.75	2:57:54	5:58	1	2:57:54	1	2:57:54
Buchlern	14.02		5:25	336	24:19	616	28:20	43.77	4:14:02	5:48	1	4:14:02	1	4:14:02
Hönggerberg	11.10		5:53	378	23:34	661	26:15	54.87	5:19:26	5:49	1	5:19:26	1	5:19:26
Irchel	5.10		3:53	3	0:47	22	3:07	59.97	5:39:19	5:39	1	5:39:19	1	5:39:19
Fluntern	6.34		6:41	460	18:33	766	20:38	66.31	6:21:45	5:45	1	6:21:45	1	6:21:45
Forch	11.30		4:42	44	11:45	155	14:37	77.61	7:15:02	5:36	1	7:15:02	1	7:15:02
Egg	8.75		5:22	210	13:39	435	14:53	86.36	8:02:06	5:34	1	8:02:06	1	8:02:06
Zumikon	12.99		4:24	13	4:02	64	10:11	99.35	8:59:16	5:25	1	8:59:16	1	8:59:16
Witikon	6.91		4:42	182	8:43	392	11:31	106.26	9:31:49	5:22	1	9:31:49	1	9:31:49
Fluntern	4.90		3:26	1	-	5	0:32	111.16	9:48:40	5:17	1	9:48:40	1	9:48:40
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Irchel	5.64		5:29	318	10:45	583	12:19	116.80	10:19:38	5:18	184	2:09:26	455	3:27:42