



38. SOLA-Stafette

Zürich / 07.05.2011

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SP Running Team 2

□□: Alumni

□□: 318

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:45:13

□□: 11.89 km/h

□□□□: 5:00 min/km

□□□□□: 210 (of 790)

□□□□□□: 6:52:28

□□□□□: 31(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:37	31	3:07	95	4:30	4.40	20:19	4:37	1	20:19	1	20:19
Buchlern	13.25		4:39	165	14:13	374	18:43	17.65	1:22:03	4:38	1	1:22:03	1	1:22:03
Uetliberg	6.20		5:45	97	6:28	247	10:04	23.85	1:57:43	4:56	1	1:57:43	1	1:57:43
Felsenegg	5.90		4:54	99	6:22	248	9:03	29.75	2:26:43	4:55	1	2:26:43	1	2:26:43
Buchlern	14.02		4:55	175	17:09	383	21:10	43.77	3:35:41	4:55	1	3:35:41	1	3:35:41
Hönggerberg	11.10		5:02	140	14:04	320	16:45	54.87	4:31:35	4:56	1	4:31:35	1	4:31:35
Irchel	5.10		5:01	108	6:34	270	8:54	59.97	4:57:15	4:57	1	4:57:15	1	4:57:15
Fluntern	6.34		5:03	141	8:11	328	10:16	66.31	5:29:19	4:57	1	5:29:19	1	5:29:19
Forch	11.30		5:01	117	15:16	290	18:08	77.61	6:26:07	4:58	1	6:26:07	1	6:26:07
Egg	8.75		4:59	84	10:12	230	11:26	86.36	7:09:44	4:58	1	7:09:44	1	7:09:44
Zumikon	12.99		5:37	298	20:02	570	26:11	99.35	8:22:54	5:03	1	8:22:54	1	8:22:54
Witikon	6.91		4:46	205	9:10	430	11:58	106.26	8:55:54	5:02	1	8:55:54	1	8:55:54
Fluntern	4.90		5:09	174	8:25	395	8:57	111.16	9:21:10	5:02	1	9:21:10	1	9:21:10
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Irchel	5.64		4:15	25	3:50	83	5:24	116.80	9:45:13	5:00	37	1:35:01	220	2:53:17