



38. SOLA-Stafette

Zürich / 07.05.2011

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The hard runners with heart

□□: Alumni

□□: 337

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:29

□□: 10.70 km/h

□□□□: 5:34 min/km

□□□□□: 628 (of 790)

□□□□□□: 6:52:28

□□□□□: 334(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:35	244	7:26	482	8:49	4.40	24:38	5:35	1	24:38	1	24:38
Buchlern	13.25		5:26	409	24:32	702	29:02	17.65	1:36:41	5:28	1	1:36:41	1	1:36:41
Uetliberg	6.20		5:57	139	7:45	330	11:21	23.85	2:13:38	5:36	1	2:13:38	1	2:13:38
Felsenegg	5.90		5:24	212	9:14	433	11:55	29.75	2:45:30	5:33	1	2:45:30	1	2:45:30
Buchlern	14.02		5:38	374	27:17	664	31:18	43.77	4:04:36	5:35	1	4:04:36	1	4:04:36
Hönggerberg	11.10		5:16	213	16:47	433	19:28	54.87	5:03:13	5:31	1	5:03:13	1	5:03:13
Irchel	5.10		5:31	218	9:07	454	11:27	59.97	5:31:26	5:31	1	5:31:26	1	5:31:26
Fluntern	6.34		4:39	52	5:42	154	7:47	66.31	6:01:01	5:26	1	6:01:01	1	6:01:01
Forch	11.30		5:37	308	22:03	580	24:55	77.61	7:04:36	5:28	1	7:04:36	1	7:04:36
Egg	8.75		6:12	412	20:53	706	22:07	86.36	7:58:54	5:32	1	7:58:54	1	7:58:54
Zumikon	12.99		5:46	337	21:47	623	27:56	99.35	9:13:49	5:34	1	9:13:49	1	9:13:49
Witikon	6.91		5:39	408	15:13	705	18:01	106.26	9:52:52	5:34	1	9:52:52	1	9:52:52
Fluntern	4.90		5:48	317	11:36	590	12:08	111.16	10:21:19	5:35	1	10:21:19	1	10:21:19
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Irchel	5.64		5:10	230	8:57	461	10:31	116.80	10:50:29	5:34	346	2:40:17	647	3:58:33