



38. SOLA-Stafette

Zürich / 07.05.2011

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Vontobel Runners

□□: Alumni
 □□: 358

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:52:15

□□: 10.67 km/h
 □□□□: 5:35 min/km

□□□□□: 637 (of 790)

□□□□□□: 6:52:28

□□□□□: 343(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:47	300	8:19	561	9:42	4.40	25:31	5:47	1	25:31	1	25:31	
Buchlern	13.25		5:02	316	19:23	590	23:53	17.65	1:32:25	5:14	1	1:32:25	1	1:32:25	
Uetliberg	6.20		7:07	398	14:59	693	18:35	23.85	2:16:36	5:43	1	2:16:36	1	2:16:36	
Felsenegg	5.90		5:43	311	11:07	568	13:48	29.75	2:50:21	5:43	1	2:50:21	1	2:50:21	
Buchlern	14.02		5:21	312	23:24	585	27:25	43.77	4:05:34	5:36	1	4:05:34	1	4:05:34	
Hönggerberg	11.10		5:39	322	20:53	589	23:34	54.87	5:08:17	5:37	1	5:08:17	1	5:08:17	
Irchel	5.10		4:51	82	5:41	213	8:01	59.97	5:33:04	5:33	1	5:33:04	1	5:33:04	
Fluntern	6.34		6:39	458	18:22	764	20:27	66.31	6:15:19	5:39	1	6:15:19	1	6:15:19	
Forch	11.30		5:27	263	20:13	510	23:05	77.61	7:17:04	5:37	1	7:17:04	1	7:17:04	
Egg	8.75		6:02	381	19:23	670	20:37	86.36	8:09:52	5:40	1	8:09:52	1	8:09:52	
Zumikon	12.99		5:08	148	13:41	351	19:50	99.35	9:16:41	5:36	1	9:16:41	1	9:16:41	
Witikon	6.91		5:26	379	13:46	664	16:34	106.26	9:54:17	5:35	1	9:54:17	1	9:54:17	
Fluntern	4.90		6:04	374	12:54	660	13:26	111.16	10:24:02	5:36	1	10:24:02	1	10:24:02	
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-	
Irchel	5.64		5:00	187	8:00	386	9:34	116.80	10:52:15	5:35	355	2:42:03	656	4:00:19	