



38. SOLA-Stafette

Zürich / 07.05.2011

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W&V Runners

□□: Alumni

□□: 360

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:02:33

□□: 11.55 km/h

□□□□: 5:09 min/km

□□□□□: 323 (of 790)

□□□□□□: 6:52:28

□□□□□: 95(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:38	35	3:15	106	4:38	4.40	20:27	4:38	1	20:27	1	20:27
Buchlern	13.25		4:31	120	12:33	300	17:03	17.65	1:20:31	4:33	1	1:20:31	1	1:20:31
Uetliberg	6.20		7:51	444	19:32	749	23:08	23.85	2:09:15	5:25	1	2:09:15	1	2:09:15
Felsenegg	5.90		4:36	33	4:34	109	7:15	29.75	2:36:27	5:15	1	2:36:27	1	2:36:27
Buchlern	14.02		4:40	94	13:42	249	17:43	43.77	3:41:58	5:04	1	3:41:58	1	3:41:58
Hönggerberg	11.10		5:20	231	17:30	462	20:11	54.87	4:41:18	5:07	1	4:41:18	1	4:41:18
Irchel	5.10		4:40	55	4:47	157	7:07	59.97	5:05:11	5:05	1	5:05:11	1	5:05:11
Fluntern	6.34		4:46	64	6:21	181	8:26	66.31	5:35:25	5:03	1	5:35:25	1	5:35:25
Forch	11.30		5:30	282	20:47	537	23:39	77.61	6:37:44	5:07	1	6:37:44	1	6:37:44
Egg	8.75		5:35	278	15:28	529	16:42	86.36	7:26:37	5:10	1	7:26:37	1	7:26:37
Zumikon	12.99		5:25	238	17:17	484	23:26	99.35	8:37:02	5:12	1	8:37:02	1	8:37:02
Witikon	6.91		4:45	199	9:05	422	11:53	106.26	9:09:57	5:10	1	9:09:57	1	9:09:57
Fluntern	4.90		5:21	213	9:23	460	9:55	111.16	9:36:11	5:11	1	9:36:11	1	9:36:11
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Irchel	5.64		4:40	107	6:09	250	7:43	116.80	10:02:33	5:09	105	1:52:21	339	3:10:37