



38. SOLA-Stafette

Zürich / 07.05.2011

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Yes we can run ... reloaded

□□: Alumni

□□: 366

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:36:11

□□: 10.00 km/h

□□□□: 5:57 min/km

□□□□□: 757 (of 790)

□□□□□□: 6:52:28

□□□□□: 452 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:47	293	8:15	554	9:38	4.40	25:27	5:47	1	25:27	1	25:27
Buchlern	13.25		5:33	430	26:06	728	30:36	17.65	1:39:04	5:36	1	1:39:04	1	1:39:04
Uetliberg	6.20		6:18	237	9:54	472	13:30	23.85	2:18:10	5:47	1	2:18:10	1	2:18:10
Felsenegg	5.90		5:12	164	8:07	359	10:48	29.75	2:48:55	5:40	1	2:48:55	1	2:48:55
Buchlern	14.02		4:56	179	17:25	393	21:26	43.77	3:58:09	5:26	1	3:58:09	1	3:58:09
Hönggerberg	11.10		5:22	237	17:47	473	20:28	54.87	4:57:46	5:25	1	4:57:46	1	4:57:46
Irchel	5.10		7:06	452	17:10	756	19:30	59.97	5:34:02	5:34	1	5:34:02	1	5:34:02
Fluntern	6.34		5:19	237	9:51	481	11:56	66.31	6:07:46	5:32	1	6:07:46	1	6:07:46
Forch	11.30		6:49	459	35:40	771	38:32	77.61	7:24:58	5:44	1	7:24:58	1	7:24:58
Egg	8.75		6:12	411	20:52	705	22:06	86.36	8:19:15	5:46	1	8:19:15	1	8:19:15
Zumikon	12.99		7:24	470	43:11	782	49:20	99.35	9:55:34	5:59	1	9:55:34	1	9:55:34
Witikon	6.91		4:46	210	9:13	437	12:01	106.26	10:28:37	5:54	1	10:28:37	1	10:28:37
Fluntern	4.90		6:45	449	16:17	756	16:49	111.16	11:01:45	5:57	1	11:01:45	1	11:01:45
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:06	420	14:13	726	15:47	116.80	11:36:11	5:57	464	3:25:59	777	4:44:15