



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Culrunners

□□: Ang.  
□□: 400

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:53:20

□□: 10.65 km/h  
□□□□: 5:35 min/km

□□□□□: 639 (of 790)

□□□□□□: 6:52:28

□□□□□: 345 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:16	400	10:25	689	11:48	4.40	27:37	6:16	1	27:37	1	27:37
Buchlern	13.25		5:55	458	31:03	763	35:33	17.65	1:46:11	6:00	1	1:46:11	1	1:46:11
Uetliberg	6.20		8:36	466	24:11	776	27:47	23.85	2:39:34	6:41	1	2:39:34	1	2:39:34
Felsenegg	5.90		5:38	291	10:42	542	13:23	29.75	3:12:54	6:29	1	3:12:54	1	3:12:54
Buchlern	14.02		4:30	61	11:21	177	15:22	43.77	4:16:04	5:51	1	4:16:04	1	4:16:04
Hönggerberg	11.10		5:27	262	18:49	509	21:30	54.87	5:16:43	5:46	1	5:16:43	1	5:16:43
Irchel	5.10		5:57	311	11:16	587	13:36	59.97	5:47:05	5:47	1	5:47:05	1	5:47:05
Fluntern	6.34		5:04	143	8:15	333	10:20	66.31	6:19:13	5:43	1	6:19:13	1	6:19:13
Forch	11.30		5:30	281	20:45	536	23:37	77.61	7:21:30	5:41	1	7:21:30	1	7:21:30
Egg	8.75		6:41	447	25:07	755	26:21	86.36	8:20:02	5:47	1	8:20:02	1	8:20:02
Zumikon	12.99		5:47	347	22:11	635	28:20	99.35	9:35:21	5:47	1	9:35:21	1	9:35:21
Witikon	6.91		4:09	47	4:55	132	7:43	106.26	10:04:06	5:41	1	10:04:06	1	10:04:06
Fluntern	4.90		4:30	44	5:13	148	5:45	111.16	10:26:10	5:37	1	10:26:10	1	10:26:10
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:49	137	6:57	302	8:31	116.80	10:53:20	5:35	357	2:43:08	658	4:01:24