



38. SOLA-Stafette

Zürich / 07.05.2011

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FK-Runners

□□: Ang.
□□: 414

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:13:26

□□: 10.34 km/h
□□□□: 5:45 min/km

□□□□□: 715 (of 790)

□□□□□□: 6:52:28

□□□□□: 413(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:18	405	10:32	696	11:55	4.40	27:44	6:18	1	27:44	1	27:44
Buchlern	13.25		4:54	272	17:37	528	22:07	17.65	1:32:52	5:15	1	1:32:52	1	1:32:52
Uetliberg	6.20		6:08	197	8:53	418	12:29	23.85	2:10:57	5:29	1	2:10:57	1	2:10:57
Felsenegg	5.90		7:19	462	20:35	774	23:16	29.75	2:54:10	5:51	1	2:54:10	1	2:54:10
Buchlern	14.02		5:57	416	31:39	720	35:40	43.77	4:17:38	5:53	1	4:17:38	1	4:17:38
Hönggerberg	11.10		5:44	344	21:50	618	24:31	54.87	5:21:18	5:51	1	5:21:18	1	5:21:18
Irchel	5.10		5:40	247	9:49	497	12:09	59.97	5:50:13	5:50	1	5:50:13	1	5:50:13
Fluntern	6.34		5:09	170	8:47	380	10:52	66.31	6:22:53	5:46	1	6:22:53	1	6:22:53
Forch	11.30		6:32	444	32:18	752	35:10	77.61	7:36:43	5:53	1	7:36:43	1	7:36:43
Egg	8.75		5:23	215	13:48	444	15:02	86.36	8:23:56	5:50	1	8:23:56	1	8:23:56
Zumikon	12.99		5:34	281	19:13	549	25:22	99.35	9:36:17	5:48	1	9:36:17	1	9:36:17
Witikon	6.91		5:53	423	16:56	726	19:44	106.26	10:17:03	5:48	1	10:17:03	1	10:17:03
Fluntern	4.90		5:35	268	10:34	527	11:06	111.16	10:44:28	5:47	1	10:44:28	1	10:44:28
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Irchel	5.64		5:08	220	8:45	443	10:19	116.80	11:13:26	5:45	425	3:03:14	735	4:21:30