



38. SOLA-Stafette

Zürich / 07.05.2011

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GZO-Runners 1

□□: Ang.

□□: 418

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:51:08

□□: 10.76 km/h

□□□□: 5:34 min/km

□□□□□: 633 (of 790)

□□□□□□: 6:52:28

□□□□□: 339(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:56	333	8:56	600	10:19	4.40	26:08	5:56	1	26:08	1	26:08
Buchlern	13.25		5:42	446	28:06	748	32:36	17.65	1:41:45	5:45	1	1:41:45	1	1:41:45
Uetliberg	6.20		6:10	205	9:06	428	12:42	23.85	2:20:03	5:52	1	2:20:03	1	2:20:03
Felsenegg	5.90		5:59	375	12:45	660	15:26	29.75	2:55:26	5:53	1	2:55:26	1	2:55:26
Buchlern	14.02		5:40	379	27:51	669	31:52	43.77	4:15:06	5:49	1	4:15:06	1	4:15:06
Hönggerberg	11.10		4:51	103	12:09	247	14:50	54.87	5:09:05	5:37	1	5:09:05	1	5:09:05
Irchel	5.10		6:24	385	13:35	682	15:55	59.97	5:41:46	5:41	1	5:41:46	1	5:41:46
Fluntern	6.34		5:25	274	10:30	526	12:35	66.31	6:16:09	5:40	1	6:16:09	1	6:16:09
Forch	11.30		5:33	292	21:18	558	24:10	77.61	7:18:59	5:39	1	7:18:59	1	7:18:59
Egg	8.75		5:42	316	16:33	585	17:47	86.36	8:08:57	5:39	1	8:08:57	1	8:08:57
Zumikon	12.99		5:21	218	16:31	454	22:40	99.35	9:18:36	5:37	1	9:18:36	1	9:18:36
Witikon	6.91		6:12	450	19:04	756	21:52	106.26	10:01:30	5:39	1	10:01:30	1	10:01:30
Fluntern	4.90		4:28	39	5:05	142	5:37	111.16	10:23:26	5:36	1	10:23:26	1	10:23:26
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Irchel	5.64		4:54	158	7:29	343	9:03	116.80	10:51:08	5:34	351	2:40:56	652	3:59:12