



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Homo sociologicus rennt

□□: Ang.

□□: 422

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:58:44

□□: 10.57 km/h

□□□□: 5:38 min/km

□□□□□: 663 (of 790)

□□□□□□: 6:52:28

□□□□□: 367(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:46	286	8:11	545	9:34	4.40	25:23	5:46	1	25:23	1	25:23
Buchlern	13.25		5:22	399	23:47	691	28:17	17.65	1:36:41	5:28	1	1:36:41	1	1:36:41
Uetliberg	6.20		5:40	78	5:58	212	9:34	23.85	2:11:51	5:31	1	2:11:51	1	2:11:51
Felsenegg	5.90		5:34	271	10:17	515	12:58	29.75	2:44:46	5:32	1	2:44:46	1	2:44:46
Buchlern	14.02		5:51	402	30:25	703	34:26	43.77	4:07:00	5:38	1	4:07:00	1	4:07:00
Hönggerberg	11.10		5:04	155	14:30	343	17:11	54.87	5:03:20	5:31	1	5:03:20	1	5:03:20
Irchel	5.10		4:51	81	5:40	212	8:00	59.97	5:28:06	5:28	1	5:28:06	1	5:28:06
Fluntern	6.34		4:51	84	6:57	226	9:02	66.31	5:58:56	5:24	1	5:58:56	1	5:58:56
Forch	11.30		5:20	221	18:53	452	21:45	77.61	6:59:21	5:24	1	6:59:21	1	6:59:21
Egg	8.75		5:24	219	13:54	450	15:08	86.36	7:46:40	5:24	1	7:46:40	1	7:46:40
Zumikon	12.99		7:25	471	43:21	783	49:30	99.35	9:23:09	5:40	1	9:23:09	1	9:23:09
Witikon	6.91		4:53	241	9:58	480	12:46	106.26	9:56:57	5:37	1	9:56:57	1	9:56:57
Fluntern	4.90		6:38	443	15:43	749	16:15	111.16	10:29:31	5:39	1	10:29:31	1	10:29:31
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Irchel	5.64		5:10	236	9:00	468	10:34	116.80	10:58:44	5:38	379	2:48:32	682	4:06:48