



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Inforunners

□□: Ang.

□□: 424

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:04:52

□□: 11.51 km/h

□□□□: 5:10 min/km

□□□□□: 336 (of 790)

□□□□□□: 6:52:28

□□□□□: 103(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	128	5:35	293	6:58	4.40	22:47	5:10	1	22:47	1	22:47
Buchlern	13.25		5:00	309	18:57	575	23:27	17.65	1:29:15	5:03	1	1:29:15	1	1:29:15
Uetliberg	6.20		6:29	285	11:01	537	14:37	23.85	2:09:28	5:25	1	2:09:28	1	2:09:28
Felsenegg	5.90		5:27	228	9:34	454	12:15	29.75	2:41:40	5:26	1	2:41:40	1	2:41:40
Buchlern	14.02		4:36	80	12:50	219	16:51	43.77	3:46:19	5:10	1	3:46:19	1	3:46:19
Hönggerberg	11.10		5:05	162	14:39	354	17:20	54.87	4:42:48	5:09	1	4:42:48	1	4:42:48
Irchel	5.10		6:06	342	12:02	627	14:22	59.97	5:13:56	5:14	1	5:13:56	1	5:13:56
Fluntern	6.34		5:29	298	10:59	559	13:04	66.31	5:48:48	5:15	1	5:48:48	1	5:48:48
Forch	11.30		5:25	248	19:44	490	22:36	77.61	6:50:04	5:17	1	6:50:04	1	6:50:04
Egg	8.75		4:12	7	3:26	34	4:40	86.36	7:26:55	5:10	1	7:26:55	1	7:26:55
Zumikon	12.99		5:19	206	16:07	436	22:16	99.35	8:36:10	5:11	1	8:36:10	1	8:36:10
Witikon	6.91		4:47	211	9:15	438	12:03	106.26	9:09:15	5:10	1	9:09:15	1	9:09:15
Fluntern	4.90		5:26	228	9:47	477	10:19	111.16	9:35:53	5:10	1	9:35:53	1	9:35:53
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Irchel	5.64		5:08	222	8:46	446	10:20	116.80	10:04:52	5:10	113	1:54:40	352	3:12:56