



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Nano runners

□□: Ang.

□□: 439

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:09:19

□□: 10.40 km/h

□□□□: 5:43 min/km

□□□□□: 705 (of 790)

□□□□□□: 6:52:28

□□□□□: 404(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:12	393	10:08	678	11:31	4.40	27:20	6:12	1	27:20	1	27:20
Buchlern	13.25		5:31	427	25:45	725	30:15	17.65	1:40:36	5:41	1	1:40:36	1	1:40:36
Uetliberg	6.20		6:20	246	10:10	484	13:46	23.85	2:19:58	5:52	1	2:19:58	1	2:19:58
Felsenegg	5.90		5:11	157	7:58	347	10:39	29.75	2:50:34	5:44	1	2:50:34	1	2:50:34
Buchlern	14.02		5:15	280	21:48	543	25:49	43.77	4:04:11	5:34	1	4:04:11	1	4:04:11
Hönggerberg	11.10		7:08	466	37:29	776	40:10	54.87	5:23:30	5:53	1	5:23:30	1	5:23:30
Irchel	5.10		7:04	450	17:00	753	19:20	59.97	5:59:36	5:59	1	5:59:36	1	5:59:36
Fluntern	6.34		4:36	42	5:23	133	7:28	66.31	6:28:52	5:51	1	6:28:52	1	6:28:52
Forch	11.30		5:00	111	15:04	280	17:56	77.61	7:25:28	5:44	1	7:25:28	1	7:25:28
Egg	8.75		6:35	439	24:20	744	25:34	86.36	8:23:13	5:49	1	8:23:13	1	8:23:13
Zumikon	12.99		6:04	398	25:43	700	31:52	99.35	9:42:04	5:51	1	9:42:04	1	9:42:04
Witikon	6.91		5:00	281	10:49	534	13:37	106.26	10:16:43	5:48	1	10:16:43	1	10:16:43
Fluntern	4.90		5:30	246	10:09	500	10:41	111.16	10:43:43	5:47	1	10:43:43	1	10:43:43
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Irchel	5.64		4:32	69	5:23	176	6:57	116.80	11:09:19	5:43	416	2:59:07	725	4:17:23