



38. SOLA-Stafette

Zürich / 07.05.2011

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RUN4REBECCA I

□□: Ang.

□□: 455

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:30:35

□□: 11.04 km/h

□□□□: 5:23 min/km

□□□□□: 510 (of 790)

□□□□□□: 6:52:28

□□□□□: 231(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:02	363	9:25	637	10:48	4.40	26:37	6:02	1	26:37	1	26:37
Buchlern	13.25		4:02	19	6:08	88	10:38	17.65	1:20:16	4:32	1	1:20:16	1	1:20:16
Uetliberg	6.20		5:39	74	5:52	206	9:28	23.85	1:55:20	4:50	1	1:55:20	1	1:55:20
Felsenegg	5.90		5:48	329	11:41	595	14:22	29.75	2:29:39	5:01	1	2:29:39	1	2:29:39
Buchlern	14.02		4:50	143	15:59	328	20:00	43.77	3:37:27	4:58	1	3:37:27	1	3:37:27
Hönggerberg	11.10		6:18	432	28:11	731	30:52	54.87	4:47:28	5:14	1	4:47:28	1	4:47:28
Irchel	5.10		5:39	246	9:47	496	12:07	59.97	5:16:21	5:16	1	5:16:21	1	5:16:21
Fluntern	6.34		5:57	378	13:53	665	15:58	66.31	5:54:07	5:20	1	5:54:07	1	5:54:07
Forch	11.30		5:58	390	25:55	687	28:47	77.61	7:01:34	5:25	1	7:01:34	1	7:01:34
Egg	8.75		5:53	360	18:06	639	19:20	86.36	7:53:05	5:28	1	7:53:05	1	7:53:05
Zumikon	12.99		4:48	68	9:18	205	15:27	99.35	8:55:31	5:23	1	8:55:31	1	8:55:31
Witikon	6.91		5:57	432	17:22	735	20:10	106.26	9:36:43	5:25	1	9:36:43	1	9:36:43
Fluntern	4.90		6:27	421	14:50	724	15:22	111.16	10:08:24	5:28	1	10:08:24	1	10:08:24
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Irchel	5.64		3:55	5	1:58	34	3:32	116.80	10:30:35	5:23	242	2:20:23	528	3:38:39