



38. SOLA-Stafette

Zürich / 07.05.2011

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RUN4REBECCA III

□□: Ang.

□□: 457

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:22:51

□□: 10.19 km/h

□□□□: 5:50 min/km

□□□□□: 735 (of 790)

□□□□□□: 6:52:28

□□□□□: 432(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:00	456	13:40	766	15:03	4.40	30:52	7:00	1	30:52	1	30:52
Buchlern	13.25		4:54	268	17:29	521	21:59	17.65	1:35:52	5:25	1	1:35:52	1	1:35:52
Uetliberg	6.20		6:49	343	13:05	626	16:41	23.85	2:18:09	5:47	1	2:18:09	1	2:18:09
Felsenegg	5.90		6:38	438	16:32	745	19:13	29.75	2:57:19	5:57	1	2:57:19	1	2:57:19
Buchlern	14.02		5:22	320	23:38	596	27:39	43.77	4:12:46	5:46	1	4:12:46	1	4:12:46
Hönggerberg	11.10		5:44	344	21:50	618	24:31	54.87	5:16:26	5:46	1	5:16:26	1	5:16:26
Irchel	5.10		5:23	186	8:22	399	10:42	59.97	5:43:54	5:44	1	5:43:54	1	5:43:54
Fluntern	6.34		6:05	401	14:43	697	16:48	66.31	6:22:30	5:46	1	6:22:30	1	6:22:30
Forch	11.30		4:52	74	13:31	216	16:23	77.61	7:17:33	5:38	1	7:17:33	1	7:17:33
Egg	8.75		5:28	242	14:31	482	15:45	86.36	8:05:29	5:37	1	8:05:29	1	8:05:29
Zumikon	12.99		5:36	292	19:38	562	25:47	99.35	9:18:15	5:37	1	9:18:15	1	9:18:15
Witikon	6.91		10:06	475	46:02	786	48:50	106.26	10:28:07	5:54	1	10:28:07	1	10:28:07
Fluntern	4.90		5:04	154	8:00	366	8:32	111.16	10:52:58	5:52	1	10:52:58	1	10:52:58
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Irchel	5.64		5:17	274	9:40	520	11:14	116.80	11:22:51	5:50	444	3:12:39	755	4:30:55