



38. SOLA-Stafette

Zürich / 07.05.2011

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RUNNING SYSTEMS

□□: Ang.
□□: 458

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:50:33

□□: 9.80 km/h
□□□□: 6:05 min/km

□□□□□: 765 (of 790)

□□□□□□: 6:52:28

□□□□□: 460(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:09	119	5:30	281	6:53	4.40	22:42	5:09	1	22:42	1	22:42
Buchlern	13.25		4:39	158	14:07	366	18:37	17.65	1:24:20	4:46	1	1:24:20	1	1:24:20
Uetliberg	6.20		7:04	388	14:41	681	18:17	23.85	2:08:13	5:22	1	2:08:13	1	2:08:13
Felsenegg	5.90		6:09	403	13:41	695	16:22	29.75	2:44:32	5:31	1	2:44:32	1	2:44:32
Buchlern	14.02		5:00	208	18:27	436	22:28	43.77	3:54:48	5:21	1	3:54:48	1	3:54:48
Hönggerberg	11.10		6:15	425	27:38	723	30:19	54.87	5:04:16	5:32	1	5:04:16	1	5:04:16
Irchel	5.10		5:21	178	8:14	390	10:34	59.97	5:31:36	5:31	1	5:31:36	1	5:31:36
Fluntern	6.34		5:25	274	10:30	526	12:35	66.31	6:05:59	5:31	1	6:05:59	1	6:05:59
Forch	11.30		5:28	265	20:20	514	23:12	77.61	7:07:51	5:30	1	7:07:51	1	7:07:51
Egg	8.75		5:13	151	12:21	346	13:35	86.36	7:53:37	5:29	1	7:53:37	1	7:53:37
Zumikon	12.99	2:10:42	10:03	476	1:17:34	788	1:23:43	99.35	10:04:19	6:04	1	10:04:19	1	10:04:19
Witikon	6.91		5:41	411	15:29	709	18:17	106.26	10:43:38	6:03	1	10:43:38	1	10:43:38
Fluntern	4.90		6:46	451	16:21	758	16:53	111.16	11:16:50	6:05	1	11:16:50	1	11:16:50
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Irchel	5.64		5:58	399	13:30	699	15:04	116.80	11:50:33	6:05	472	3:40:21	785	4:58:37