



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SoD-Runners

□□: Ang.  
□□: 460

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:42:14

□□: 10.84 km/h  
□□□□: 5:29 min/km

□□□□□: 587 (of 790)

□□□□□□: 6:52:28

□□□□□: 297(of 477)

□□□□□□□: 8:43:10

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□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>-  | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|----------|-----------|-----------|
| Hönggerberg | 4.40     |          | 5:54         | 329     | 8:47    | 594       | 10:10     | 4.40      | 25:59     | 5:54          | 1       | 25:59    | 1         | 25:59     |
| Buchlern    | 13.25    |          | 4:43         | 190     | 15:07   | 411       | 19:37     | 17.65     | 1:28:37   | 5:01          | 1       | 1:28:37  | 1         | 1:28:37   |
| Uetliberg   | 6.20     |          | 6:24         | 265     | 10:32   | 506       | 14:08     | 23.85     | 2:08:21   | 5:22          | 1       | 2:08:21  | 1         | 2:08:21   |
| Felsenegg   | 5.90     |          | 5:30         | 244     | 9:49    | 476       | 12:30     | 29.75     | 2:40:48   | 5:24          | 1       | 2:40:48  | 1         | 2:40:48   |
| Buchlern    | 14.02    |          | 4:31         | 65      | 11:40   | 183       | 15:41     | 43.77     | 3:44:17   | 5:07          | 1       | 3:44:17  | 1         | 3:44:17   |
| Hönggerberg | 11.10    |          | 5:05         | 161     | 14:36   | 352       | 17:17     | 54.87     | 4:40:43   | 5:06          | 1       | 4:40:43  | 1         | 4:40:43   |
| Irchel      | 5.10     |          | 6:04         | 338     | 11:51   | 621       | 14:11     | 59.97     | 5:11:40   | 5:11          | 1       | 5:11:40  | 1         | 5:11:40   |
| Fluntern    | 6.34     |          | 5:13         | 201     | 9:17    | 428       | 11:22     | 66.31     | 5:44:50   | 5:12          | 1       | 5:44:50  | 1         | 5:44:50   |
| Forch       | 11.30    |          | 5:51         | 366     | 24:45   | 657       | 27:37     | 77.61     | 6:51:07   | 5:17          | 1       | 6:51:07  | 1         | 6:51:07   |
| Egg         | 8.75     |          | 6:29         | 435     | 23:26   | 738       | 24:40     | 86.36     | 7:47:58   | 5:25          | 1       | 7:47:58  | 1         | 7:47:58   |
| Zumikon     | 12.99    |          | 6:07         | 406     | 26:27   | 708       | 32:36     | 99.35     | 9:07:33   | 5:30          | 1       | 9:07:33  | 1         | 9:07:33   |
| Witikon     | 6.91     |          | 4:46         | 207     | 9:11    | 433       | 11:59     | 106.26    | 9:40:34   | 5:27          | 1       | 9:40:34  | 1         | 9:40:34   |
| Fluntern    | 4.90     |          | 5:49         | 326     | 11:41   | 599       | 12:13     | 111.16    | 10:09:06  | 5:28          | 1       | 10:09:06 | 1         | 10:09:06  |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16    | -         | -             | -       | -        | -         | -         |
| Irchel      | 5.64     |          | 5:52         | 385     | 12:55   | 679       | 14:29     | 116.80    | 10:42:14  | 5:29          | 309     | 2:32:02  | 606       | 3:50:18   |