



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## COOL RUNNINGS

□□: Ang.

□□: 494

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:10:37

□□: 10.38 km/h

□□□□: 5:44 min/km

□□□□□: 711 (of 790)

□□□□□□: 6:52:28

□□□□□: 410(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:03	457	13:53	767	15:16	4.40	31:05	7:03	1	31:05	1	31:05
Buchlern	13.25		6:00	463	32:04	769	36:34	17.65	1:50:40	6:16	1	1:50:40	1	1:50:40
Uetliberg	6.20		7:28	424	17:07	725	20:43	23.85	2:36:59	6:34	1	2:36:59	1	2:36:59
Felsenegg	5.90		5:33	264	10:08	506	12:49	29.75	3:09:45	6:22	1	3:09:45	1	3:09:45
Buchlern	14.02		4:42	103	14:06	263	18:07	43.77	4:15:40	5:50	1	4:15:40	1	4:15:40
Hönggerberg	11.10		6:22	439	28:57	740	31:38	54.87	5:26:27	5:56	1	5:26:27	1	5:26:27
Irchel	5.10		7:08	453	17:18	757	19:38	59.97	6:02:51	6:03	1	6:02:51	1	6:02:51
Fluntern	6.34		5:25	276	10:31	528	12:36	66.31	6:37:15	5:59	1	6:37:15	1	6:37:15
Forch	11.30		5:40	318	22:34	595	25:26	77.61	7:41:21	5:56	1	7:41:21	1	7:41:21
Egg	8.75		5:49	346	17:31	623	18:45	86.36	8:32:17	5:55	1	8:32:17	1	8:32:17
Zumikon	12.99		5:22	222	16:40	460	22:49	99.35	9:42:05	5:51	1	9:42:05	1	9:42:05
Witikon	6.91		4:30	126	7:19	293	10:07	106.26	10:13:14	5:46	1	10:13:14	1	10:13:14
Fluntern	4.90		6:02	367	12:44	652	13:16	111.16	10:42:49	5:46	1	10:42:49	1	10:42:49
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Irchel	5.64		4:55	161	7:35	350	9:09	116.80	11:10:37	5:44	422	3:00:25	731	4:18:41