



38. SOLA-Stafette

Zürich / 07.05.2011

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CDTM Running Team

□□: ausl. HS
 □□: 501

□□: 116.80 km
 Sola-Stafette

□□□□:
 Schnelle

□□□: 10:26:47

□□: 11.10 km/h
 □□□□: 5:24 min/km

□□□□□: 486 (of 790)

□□□□□□: 6:52:28

□□□□□: 275(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:32	231	8:36	456	8:36	4.40	24:25	5:32	1	24:25	1	24:25
Buchlern	13.25		4:30	171	16:46	282	16:46	17.65	1:24:12	4:46	1	1:24:12	1	1:24:12
Uetliberg	6.20		5:36	124	9:13	190	9:13	23.85	1:59:01	4:59	1	1:59:01	1	1:59:01
Felsenegg	5.90		6:24	299	17:49	726	17:49	29.75	2:36:47	5:16	1	2:36:47	1	2:36:47
Buchlern	14.02		5:16	265	26:10	551	26:10	43.77	3:50:45	5:16	1	3:50:45	1	3:50:45
Hönggerberg	11.10		5:31	257	22:06	540	22:06	54.87	4:52:00	5:19	1	4:52:00	1	4:52:00
Irchel	5.10		5:16	195	10:09	354	10:09	59.97	5:18:55	5:19	1	5:18:55	1	5:18:55
Fluntern	6.34		5:23	249	12:21	510	12:21	66.31	5:53:04	5:19	1	5:53:04	1	5:53:04
Forch	11.30		6:03	300	29:51	697	29:51	77.61	7:01:35	5:25	1	7:01:35	1	7:01:35
Egg	8.75		5:31	245	16:12	507	16:12	86.36	7:49:58	5:26	1	7:49:58	1	7:49:58
Zumikon	12.99		5:26	253	23:41	498	23:41	99.35	9:00:38	5:26	1	9:00:38	1	9:00:38
Witikon	6.91		4:16	112	8:32	177	8:32	106.26	9:30:12	5:21	1	9:30:12	1	9:30:12
Fluntern	4.90		6:16	294	14:25	693	14:25	111.16	10:00:56	5:24	1	10:00:56	1	10:00:56
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Irchel	5.64		4:35	121	7:12	203	7:12	116.80	10:26:47	5:21	282	3:34:51	504	3:34:51