



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Hochschulrunners Konstanz 1

□□: UNI

□□: 510

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 7:35:54

□□: 15.37 km/h

□□□□: 3:56 min/km

□□□□□: 8 (of 790)

□□□□□□: 6:52:28

□□□□□: 8(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:02	13	1:59	15	1:59	4.40	17:48	4:02	1	17:48	1	17:48
Buchlern	13.25		3:31	6	3:42	6	3:42	17.65	1:04:31	3:39	1	1:04:31	1	1:04:31
Uetliberg	6.20		5:01	36	5:32	43	5:32	23.85	1:35:39	4:00	1	1:35:39	1	1:35:39
Felsenegg	5.90		3:52	10	2:54	11	2:54	29.75	1:58:30	3:58	1	1:58:30	1	1:58:30
Buchlern	14.02		3:33	6	2:00	6	2:00	43.77	2:48:18	3:50	1	2:48:18	1	2:48:18
Hönggerberg	11.10		4:06	22	6:28	29	6:28	54.87	3:33:55	3:53	1	3:33:55	1	3:33:55
Irchel	5.10		3:53	18	3:05	20	3:05	59.97	3:53:46	3:53	1	3:53:46	1	3:53:46
Fluntern	6.34		3:54	15	3:00	17	3:00	66.31	4:18:34	3:53	1	4:18:34	1	4:18:34
Forch	11.30		4:00	18	6:37	20	6:37	77.61	5:03:51	3:54	1	5:03:51	1	5:03:51
Egg	8.75		4:25	46	6:35	58	6:35	86.36	5:42:37	3:58	1	5:42:37	1	5:42:37
Zumikon	12.99		4:00	14	4:59	14	4:59	99.35	6:34:35	3:58	1	6:34:35	1	6:34:35
Witikon	6.91		3:19	9	1:57	9	1:57	106.26	6:57:34	3:55	1	6:57:34	1	6:57:34
Fluntern	4.90		3:30	7	0:54	9	0:54	111.16	7:14:47	3:54	1	7:14:47	1	7:14:47
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Irchel	5.64		3:44	19	2:28	22	2:28	116.80	7:35:54	3:54	9	43:58	9	43:58