



38. SOLA-Stafette

Zürich / 07.05.2011

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Hochschulrunners Konstanz 2

□□: UNI

□□: 511

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:55:37

□□: 12.99 km/h

□□□□: 4:37 min/km

□□□□□: 53 (of 790)

□□□□□□: 6:52:28

□□□□□: 51(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:02	12	1:56	14	1:56	4.40	17:45	4:02	1	17:45	1	17:45
Buchlern	13.25		4:33	192	17:23	323	17:23	17.65	1:18:09	4:25	1	1:18:09	1	1:18:09
Uetliberg	6.20		5:37	128	9:17	197	9:17	23.85	1:53:02	4:44	1	1:53:02	1	1:53:02
Felsenegg	5.90		4:44	101	8:03	163	8:03	29.75	2:21:02	4:44	1	2:21:02	1	2:21:02
Buchlern	14.02		4:46	170	19:14	302	19:14	43.77	3:28:04	4:45	1	3:28:04	1	3:28:04
Hönggerberg	11.10		4:26	57	10:11	91	10:11	54.87	4:17:24	4:41	1	4:17:24	1	4:17:24
Irchel	5.10		4:00	22	3:39	28	3:39	59.97	4:37:49	4:37	1	4:37:49	1	4:37:49
Fluntern	6.34		4:23	58	6:00	78	6:00	66.31	5:05:37	4:36	1	5:05:37	1	5:05:37
Forch	11.30		4:07	22	7:56	25	7:56	77.61	5:52:13	4:32	1	5:52:13	1	5:52:13
Egg	8.75		4:28	55	6:59	70	6:59	86.36	6:31:23	4:31	1	6:31:23	1	6:31:23
Zumikon	12.99		5:14	220	21:11	401	21:11	99.35	7:39:33	4:37	1	7:39:33	1	7:39:33
Witikon	6.91		4:26	155	9:41	264	9:41	106.26	8:10:16	4:36	1	8:10:16	1	8:10:16
Fluntern	4.90		4:04	43	3:39	49	3:39	111.16	8:30:14	4:35	1	8:30:14	1	8:30:14
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Irchel	5.64		4:30	100	6:44	162	6:44	116.80	8:55:37	4:35	52	2:03:41	57	2:03:41