



38. SOLA-Stafette

Zürich / 07.05.2011

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the hypoxic runners

□□: UNI

□□: 51

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:08:18

□□: 10.41 km/h

□□□□: 5:43 min/km

□□□□□: 703 (of 790)

□□□□□□: 6:52:28

□□□□□: 402(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:37	253	7:33	495	8:56	4.40	24:45	5:37	1	24:45	1	24:45
Buchlern	13.25		4:53	259	17:12	507	21:42	17.65	1:29:28	5:04	1	1:29:28	1	1:29:28
Uetliberg	6.20		7:36	434	17:58	736	21:34	23.85	2:16:38	5:43	1	2:16:38	1	2:16:38
Felsenegg	5.90		7:34	470	22:01	782	24:42	29.75	3:01:17	6:05	1	3:01:17	1	3:01:17
Buchlern	14.02		4:54	170	17:00	375	21:01	43.77	4:10:06	5:42	1	4:10:06	1	4:10:06
Hönggerberg	11.10		5:37	318	20:39	583	23:20	54.87	5:12:35	5:41	1	5:12:35	1	5:12:35
Irchel	5.10		6:50	439	15:47	739	18:07	59.97	5:47:28	5:47	1	5:47:28	1	5:47:28
Fluntern	6.34		6:20	432	16:19	734	18:24	66.31	6:27:40	5:50	1	6:27:40	1	6:27:40
Forch	11.30		5:25	249	19:46	491	22:38	77.61	7:28:58	5:47	1	7:28:58	1	7:28:58
Egg	8.75		5:16	169	12:46	375	14:00	86.36	8:15:09	5:44	1	8:15:09	1	8:15:09
Zumikon	12.99		5:26	243	17:27	493	23:36	99.35	9:25:44	5:41	1	9:25:44	1	9:25:44
Witikon	6.91		4:53	245	10:00	488	12:48	106.26	9:59:34	5:38	1	9:59:34	1	9:59:34
Fluntern	4.90		6:55	459	17:07	767	17:39	111.16	10:33:32	5:41	1	10:33:32	1	10:33:32
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Irchel	5.64		6:09	424	14:33	732	16:07	116.80	11:08:18	5:43	414	2:58:06	723	4:16:22