



38. SOLA-Stafette

Zürich / 07.05.2011

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Functional Runners

□□: ETH
□□: 538

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:08:37

□□: 11.44 km/h
□□□□: 5:15 min/km

□□□□□: 366 (of 790)

□□□□□□: 6:52:28

□□□□□: 245(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:44	308	13:50	748	13:50	4.40	29:39	6:44	1	29:39	1	29:39
Buchlern	13.25		3:56	49	9:19	58	9:19	17.65	1:21:59	4:38	1	1:21:59	1	1:21:59
Uetliberg	6.20		5:52	172	10:50	288	10:50	23.85	1:58:25	4:57	1	1:58:25	1	1:58:25
Felsenegg	5.90		4:58	156	9:23	267	9:23	29.75	2:27:45	4:57	1	2:27:45	1	2:27:45
Buchlern	14.02		4:57	217	21:41	403	21:41	43.77	3:37:14	4:57	1	3:37:14	1	3:37:14
Hönggerberg	11.10		4:48	139	14:16	234	14:16	54.87	4:30:39	4:55	1	4:30:39	1	4:30:39
Irchel	5.10		4:47	120	7:42	190	7:42	59.97	4:55:07	4:55	1	4:55:07	1	4:55:07
Fluntern	6.34		4:42	107	8:04	163	8:04	66.31	5:24:59	4:54	1	5:24:59	1	5:24:59
Forch	11.30		5:47	287	26:51	638	26:51	77.61	6:30:30	5:01	1	6:30:30	1	6:30:30
Egg	8.75		5:00	157	11:40	248	11:40	86.36	7:14:21	5:01	1	7:14:21	1	7:14:21
Zumikon	12.99		6:49	310	41:44	770	41:44	99.35	8:43:04	5:15	1	8:43:04	1	8:43:04
Witikon	6.91		4:41	207	11:20	379	11:20	106.26	9:15:26	5:13	1	9:15:26	1	9:15:26
Fluntern	4.90		4:47	165	7:12	248	7:12	111.16	9:38:57	5:12	1	9:38:57	1	9:38:57
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Irchel	5.64		5:15	240	11:01	503	11:01	116.80	10:08:37	5:12	251	3:16:41	383	3:16:41