



38. SOLA-Stafette

Zürich / 07.05.2011

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The Running Gäx

□□: ETH
□□: 560

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:31:13

□□: 11.03 km/h
□□□□: 5:27 min/km

□□□□□: 513 (of 790)

□□□□□□: 6:52:28

□□□□□: 281(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:33	232	8:38	458	8:38	4.40	24:27	5:33	1	24:27	1	24:27
Buchlern	13.25		4:00	58	10:06	72	10:06	17.65	1:17:34	4:23	1	1:17:34	1	1:17:34
Uetliberg	6.20		5:07	44	6:13	55	6:13	23.85	1:49:23	4:35	1	1:49:23	1	1:49:23
Felsenegg	5.90		4:48	116	8:23	188	8:23	29.75	2:17:43	4:37	1	2:17:43	1	2:17:43
Buchlern	14.02		5:50	299	34:04	698	34:04	43.77	3:39:35	5:01	1	3:39:35	1	3:39:35
Hönggerberg	11.10		5:28	248	21:36	512	21:36	54.87	4:40:20	5:06	1	4:40:20	1	4:40:20
Irchel	5.10		5:44	257	12:32	523	12:32	59.97	5:09:38	5:09	1	5:09:38	1	5:09:38
Fluntern	6.34		6:50	308	21:34	774	21:34	66.31	5:53:00	5:19	1	5:53:00	1	5:53:00
Forch	11.30		6:48	312	38:16	769	38:16	77.61	7:09:56	5:32	1	7:09:56	1	7:09:56
Egg	8.75		5:23	227	14:56	439	14:56	86.36	7:57:03	5:31	1	7:57:03	1	7:57:03
Zumikon	12.99		4:26	60	10:49	74	10:49	99.35	8:54:51	5:23	1	8:54:51	1	8:54:51
Witikon	6.91		5:05	258	14:09	559	14:09	106.26	9:30:02	5:21	1	9:30:02	1	9:30:02
Fluntern	4.90		6:21	299	14:48	713	14:48	111.16	10:01:09	5:24	1	10:01:09	1	10:01:09
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Irchel	5.64		5:19	251	11:25	534	11:25	116.80	10:31:13	5:24	288	3:39:17	531	3:39:17