



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ULP Runners

□□: ETH

□□: 561

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:45:46

□□: 11.88 km/h

□□□□: 5:03 min/km

□□□□□: 215 (of 790)

□□□□□□: 6:52:28

□□□□□: 181 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:45	86	5:08	126	5:08	4.40	20:57	4:45	1	20:57	1	20:57
Buchlern	13.25		4:10	87	12:14	114	12:14	17.65	1:16:12	4:19	1	1:16:12	1	1:16:12
Uetliberg	6.20		5:34	113	8:57	170	8:57	23.85	1:50:45	4:38	1	1:50:45	1	1:50:45
Felsenegg	5.90		5:50	270	14:29	601	14:29	29.75	2:25:11	4:52	1	2:25:11	1	2:25:11
Buchlern	14.02		4:39	154	17:33	245	17:33	43.77	3:30:32	4:48	1	3:30:32	1	3:30:32
Hönggerberg	11.10		5:59	288	27:17	686	27:17	54.87	4:36:58	5:02	1	4:36:58	1	4:36:58
Irchel	5.10		5:41	251	12:14	502	12:14	59.97	5:05:58	5:06	1	5:05:58	1	5:05:58
Fluntern	6.34		5:35	266	13:37	581	13:37	66.31	5:41:23	5:08	1	5:41:23	1	5:41:23
Forch	11.30		4:10	24	8:26	30	8:26	77.61	6:28:29	5:00	1	6:28:29	1	6:28:29
Egg	8.75		4:55	134	10:55	207	10:55	86.36	7:11:35	4:59	1	7:11:35	1	7:11:35
Zumikon	12.99		5:30	260	24:28	527	24:28	99.35	8:23:02	5:03	1	8:23:02	1	8:23:02
Witikon	6.91		4:35	186	10:40	324	10:40	106.26	8:54:44	5:01	1	8:54:44	1	8:54:44
Fluntern	4.90		4:45	157	6:59	234	6:59	111.16	9:18:02	5:01	1	9:18:02	1	9:18:02
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Irchel	5.64		4:55	186	9:05	344	9:05	116.80	9:45:46	5:00	186	2:53:50	227	2:53:50