



38. SOLA-Stafette

Zürich / 07.05.2011

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AFEEäRunner

□□: ETH
□□: 58

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:09:38

□□: 10.39 km/h
□□□□: 5:43 min/km

□□□□□: 706 (of 790)

□□□□□□: 6:52:28

□□□□□: 405(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:19	406	10:36	699	11:59	4.40	27:48	6:19	1	27:48	1	27:48
Buchlern	13.25		5:12	365	21:35	650	26:05	17.65	1:36:54	5:29	1	1:36:54	1	1:36:54
Uetliberg	6.20		6:08	189	8:51	408	12:27	23.85	2:14:57	5:39	1	2:14:57	1	2:14:57
Felsenegg	5.90		6:38	439	16:33	746	19:14	29.75	2:54:08	5:51	1	2:54:08	1	2:54:08
Buchlern	14.02		5:46	395	29:13	688	33:14	43.77	4:15:10	5:49	1	4:15:10	1	4:15:10
Hönggerberg	11.10		5:37	316	20:34	580	23:15	54.87	5:17:34	5:47	1	5:17:34	1	5:17:34
Irchel	5.10		7:19	460	18:13	767	20:33	59.97	5:54:53	5:55	1	5:54:53	1	5:54:53
Fluntern	6.34		5:21	254	10:08	499	12:13	66.31	6:28:54	5:51	1	6:28:54	1	6:28:54
Forch	11.30		4:46	56	12:31	182	15:23	77.61	7:22:57	5:42	1	7:22:57	1	7:22:57
Egg	8.75		5:47	337	17:12	613	18:26	86.36	8:13:34	5:42	1	8:13:34	1	8:13:34
Zumikon	12.99		6:03	397	25:37	699	31:46	99.35	9:32:19	5:45	1	9:32:19	1	9:32:19
Witikon	6.91		4:37	150	8:08	346	10:56	106.26	10:04:17	5:41	1	10:04:17	1	10:04:17
Fluntern	4.90		5:36	273	10:37	532	11:09	111.16	10:31:45	5:40	1	10:31:45	1	10:31:45
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Irchel	5.64		6:43	457	17:40	768	19:14	116.80	11:09:38	5:43	417	2:59:26	726	4:17:42