



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

BCA Runners - For a Lifetime

□□: Alumni

□□: 591

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:39:12

□□: 12.02 km/h

□□□□: 5:00 min/km

□□□□□: 180 (of 790)

□□□□□□: 6:52:28

□□□□□: 157(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:27	48	3:50	64	3:50	4.40	19:39	4:27	1	19:39	1	19:39
Buchlern	13.25		4:46	232	20:20	451	20:20	17.65	1:23:00	4:42	1	1:23:00	1	1:23:00
Uetliberg	6.20		4:45	18	3:57	19	3:57	23.85	1:52:33	4:43	1	1:52:33	1	1:52:33
Felsenegg	5.90		4:51	128	8:45	212	8:45	29.75	2:21:15	4:44	1	2:21:15	1	2:21:15
Buchlern	14.02		5:01	230	22:33	439	22:33	43.77	3:31:36	4:50	1	3:31:36	1	3:31:36
Hönggerberg	11.10		4:46	128	13:50	212	13:50	54.87	4:24:35	4:49	1	4:24:35	1	4:24:35
Irchel	5.10		5:03	166	9:03	278	9:03	59.97	4:50:24	4:50	1	4:50:24	1	4:50:24
Fluntern	6.34		4:36	91	7:25	132	7:25	66.31	5:19:37	4:49	1	5:19:37	1	5:19:37
Forch	11.30		6:36	311	36:02	758	36:02	77.61	6:34:19	5:04	1	6:34:19	1	6:34:19
Egg	8.75		5:01	159	11:47	253	11:47	86.36	7:18:17	5:04	1	7:18:17	1	7:18:17
Zumikon	12.99		4:31	75	11:46	101	11:46	99.35	8:17:02	5:00	1	8:17:02	1	8:17:02
Witikon	6.91		3:57	51	6:19	72	6:19	106.26	8:44:23	4:56	1	8:44:23	1	8:44:23
Fluntern	4.90		5:19	243	9:45	452	9:45	111.16	9:10:27	4:57	1	9:10:27	1	9:10:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:05	216	10:06	424	10:06	116.80	9:39:12	4:57	161	2:47:16	190	2:47:16