



# 38. SOLA-Stafette

Zürich / 07.05.2011

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cityrunning.ch Team Weekend

□□: Alumni

□□: 604

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:39:31

□□: 12.09 km/h

□□□□: 5:00 min/km

□□□□□: 183 (of 790)

□□□□□□: 6:52:28

□□□□□: 160(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:42	78	4:56	116	4:56	4.40	20:45	4:42	1	20:45	1	20:45
Buchlern	13.25		4:51	246	21:18	494	21:18	17.65	1:25:04	4:49	1	1:25:04	1	1:25:04
Uetliberg	6.20		6:06	215	12:14	393	12:14	23.85	2:02:54	5:09	1	2:02:54	1	2:02:54
Felsenegg	5.90		4:38	82	7:29	125	7:29	29.75	2:30:20	5:03	1	2:30:20	1	2:30:20
Buchlern	14.02		4:36	140	16:51	219	16:51	43.77	3:34:59	4:54	1	3:34:59	1	3:34:59
Hönggerberg	11.10		4:31	67	11:08	107	11:08	54.87	4:25:16	4:50	1	4:25:16	1	4:25:16
Irchel	5.10		5:22	213	10:38	395	10:38	59.97	4:52:40	4:52	1	4:52:40	1	4:52:40
Fluntern	6.34		4:23	60	6:02	80	6:02	66.31	5:20:30	4:50	1	5:20:30	1	5:20:30
Forch	11.30		4:52	143	16:27	217	16:27	77.61	6:15:37	4:50	1	6:15:37	1	6:15:37
Egg	8.75		5:16	205	13:55	368	13:55	86.36	7:01:43	4:52	1	7:01:43	1	7:01:43
Zumikon	12.99		5:42	281	27:14	598	27:14	99.35	8:15:56	4:59	1	8:15:56	1	8:15:56
Witikon	6.91		4:41	208	11:25	387	11:25	106.26	8:48:23	4:58	1	8:48:23	1	8:48:23
Fluntern	4.90		5:27	252	10:26	483	10:26	111.16	9:15:08	4:59	1	9:15:08	1	9:15:08
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Irchel	5.64		4:19	66	5:44	98	5:44	116.80	9:39:31	4:57	164	2:47:35	193	2:47:35