



38. SOLA-Stafette

Zürich / 07.05.2011

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cityrunning.ch Team Workout

□□: Alumni

□□: 605

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:32:53

□□: 12.15 km/h

□□□□: 4:57 min/km

□□□□□: 149 (of 790)

□□□□□□: 6:52:28

□□□□□: 135 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:44	81	5:02	119	5:02	4.40	20:51	4:44	1	20:51	1	20:51
Buchlern	13.25		4:34	197	17:40	336	17:40	17.65	1:21:32	4:37	1	1:21:32	1	1:21:32
Uetliberg	6.20		5:53	177	10:57	299	10:57	23.85	1:58:05	4:57	1	1:58:05	1	1:58:05
Felsenegg	5.90		5:13	200	10:55	367	10:55	29.75	2:28:57	5:00	1	2:28:57	1	2:28:57
Buchlern	14.02		4:12	64	11:14	82	11:14	43.77	3:27:59	4:45	1	3:27:59	1	3:27:59
Hönggerberg	11.10		4:14	32	7:51	45	7:51	54.87	4:14:59	4:38	1	4:14:59	1	4:14:59
Irchel	5.10		5:20	210	10:31	387	10:31	59.97	4:42:16	4:42	1	4:42:16	1	4:42:16
Fluntern	6.34		6:04	296	16:43	690	16:43	66.31	5:20:47	4:50	1	5:20:47	1	5:20:47
Forch	11.30		5:02	176	18:17	295	18:17	77.61	6:17:44	4:52	1	6:17:44	1	6:17:44
Egg	8.75		4:59	150	11:28	235	11:28	86.36	7:01:23	4:52	1	7:01:23	1	7:01:23
Zumikon	12.99		5:54	295	29:52	669	29:52	99.35	8:18:14	5:00	1	8:18:14	1	8:18:14
Witikon	6.91		3:45	33	4:58	39	4:58	106.26	8:44:14	4:56	1	8:44:14	1	8:44:14
Fluntern	4.90		5:01	204	8:18	346	8:18	111.16	9:08:51	4:56	1	9:08:51	1	9:08:51
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Irchel	5.64		4:15	57	5:23	80	5:23	116.80	9:32:53	4:54	139	2:40:57	158	2:40:57