



38. SOLA-Stafette

Zürich / 07.05.2011

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cityrunning.ch Team Workout

□□: Alumni
□□: 605

□□□: 9:32:53

□□: - km/h
□□□□: 4:57 min/km

Enduro E Bike

□□□□□: 149 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 135(of 313)

Schnelle

□□□□□□□: 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 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:15 | 57 | 5:23 | 80 | 5:23 | - | 9:32:53 | - | 139 | 2:40:57 | 158 | 2:40:57 |