



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Colenco Power Jogging

□□: Alumni
□□: 608

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:16:44

□□: 11.29 km/h
□□□□: 5:19 min/km

□□□□□: 411 (of 790)

□□□□□□: 6:52:28

□□□□□: 260(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:20	190	7:40	358	7:40	4.40	23:29	5:20	1	23:29	1	23:29
Buchlern	13.25		4:38	207	18:32	361	18:32	17.65	1:25:02	4:49	1	1:25:02	1	1:25:02
Uetliberg	6.20		6:38	266	15:37	579	15:37	23.85	2:06:15	5:17	1	2:06:15	1	2:06:15
Felsenegg	5.90		6:54	309	20:49	760	20:49	29.75	2:47:01	5:36	1	2:47:01	1	2:47:01
Buchlern	14.02		4:08	51	10:19	63	10:19	43.77	3:45:08	5:08	1	3:45:08	1	3:45:08
Hönggerberg	11.10		5:34	259	22:44	564	22:44	54.87	4:47:01	5:13	1	4:47:01	1	4:47:01
Irchel	5.10		5:02	164	8:59	275	8:59	59.97	5:12:46	5:12	1	5:12:46	1	5:12:46
Fluntern	6.34		5:41	280	14:14	608	14:14	66.31	5:48:48	5:15	1	5:48:48	1	5:48:48
Forch	11.30		5:51	291	27:27	653	27:27	77.61	6:54:55	5:20	1	6:54:55	1	6:54:55
Egg	8.75		5:41	268	17:41	581	17:41	86.36	7:44:47	5:22	1	7:44:47	1	7:44:47
Zumikon	12.99		5:19	230	22:15	435	22:15	99.35	8:54:01	5:22	1	8:54:01	1	8:54:01
Witikon	6.91		4:19	126	8:52	209	8:52	106.26	9:23:55	5:18	1	9:23:55	1	9:23:55
Fluntern	4.90		5:12	226	9:10	415	9:10	111.16	9:49:24	5:18	1	9:49:24	1	9:49:24
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:50	173	8:41	317	8:41	116.80	10:16:44	5:16	266	3:24:48	428	3:24:48