



38. SOLA-Stafette

Zürich / 07.05.2011

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Daylong Runners

□□: Alumni

□□: 614

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:37:45

□□: 12.05 km/h

□□□□: 4:59 min/km

□□□□□: 173 (of 790)

□□□□□□: 6:52:28

□□□□□: 151 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:11	283	11:25	669	11:25	4.40	27:14	6:11	1	27:14	1	27:14
Buchlern	13.25		4:20	133	14:35	195	14:35	17.65	1:24:50	4:48	1	1:24:50	1	1:24:50
Uetliberg	6.20		5:57	192	11:21	330	11:21	23.85	2:01:47	5:06	1	2:01:47	1	2:01:47
Felsenegg	5.90		5:11	191	10:39	347	10:39	29.75	2:32:23	5:07	1	2:32:23	1	2:32:23
Buchlern	14.02		4:30	117	15:26	178	15:26	43.77	3:35:37	4:55	1	3:35:37	1	3:35:37
Hönggerberg	11.10		5:50	281	25:38	646	25:38	54.87	4:40:24	5:06	1	4:40:24	1	4:40:24
Irchel	5.10		4:43	110	7:21	171	7:21	59.97	5:04:31	5:04	1	5:04:31	1	5:04:31
Fluntern	6.34		4:56	161	9:32	267	9:32	66.31	5:35:51	5:03	1	5:35:51	1	5:35:51
Forch	11.30		4:31	75	12:31	103	12:31	77.61	6:27:02	4:59	1	6:27:02	1	6:27:02
Egg	8.75		5:21	223	14:41	428	14:41	86.36	7:13:54	5:01	1	7:13:54	1	7:13:54
Zumikon	12.99		4:13	37	7:57	40	7:57	99.35	8:08:50	4:55	1	8:08:50	1	8:08:50
Witikon	6.91		5:07	262	14:24	574	14:24	106.26	8:44:16	4:56	1	8:44:16	1	8:44:16
Fluntern	4.90		5:19	245	9:47	454	9:47	111.16	9:10:22	4:57	1	9:10:22	1	9:10:22
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Irchel	5.64		4:51	176	8:44	322	8:44	116.80	9:37:45	4:56	155	2:45:49	183	2:45:49