



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## DOW Runners

□□: Alumni  
□□: 620

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 9:13:36

□□: 12.66 km/h  
□□□□: 4:47 min/km

□□□□□: 85 (of 790)

□□□□□□: 6:52:28

□□□□□: 80(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:37	67	4:34	99	4:34	4.40	20:23	4:37	1	20:23	1	20:23
Buchlern	13.25		4:18	124	14:04	179	14:04	17.65	1:17:28	4:23	1	1:17:28	1	1:17:28
Uetliberg	6.20		5:04	39	5:51	46	5:51	23.85	1:48:55	4:34	1	1:48:55	1	1:48:55
Felsenegg	5.90		4:36	76	7:13	107	7:13	29.75	2:16:05	4:34	1	2:16:05	1	2:16:05
Buchlern	14.02		4:23	97	13:41	137	13:41	43.77	3:17:34	4:30	1	3:17:34	1	3:17:34
Hönggerberg	11.10		5:18	225	19:44	444	19:44	54.87	4:16:27	4:40	1	4:16:27	1	4:16:27
Irchel	5.10		4:54	140	8:16	229	8:16	59.97	4:41:29	4:41	1	4:41:29	1	4:41:29
Fluntern	6.34		4:45	115	8:21	175	8:21	66.31	5:11:38	4:41	1	5:11:38	1	5:11:38
Forch	11.30		4:13	31	9:01	41	9:01	77.61	5:59:19	4:37	1	5:59:19	1	5:59:19
Egg	8.75		5:44	273	18:00	593	18:00	86.36	6:49:30	4:44	1	6:49:30	1	6:49:30
Zumikon	12.99		5:05	196	19:12	326	19:12	99.35	7:55:41	4:47	1	7:55:41	1	7:55:41
Witikon	6.91		4:13	95	8:07	149	8:07	106.26	8:24:50	4:45	1	8:24:50	1	8:24:50
Fluntern	4.90		4:06	47	3:48	55	3:48	111.16	8:44:57	4:43	1	8:44:57	1	8:44:57
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Irchel	5.64		5:04	211	10:00	417	10:00	116.80	9:13:36	4:44	83	2:21:40	92	2:21:40