



38. SOLA-Stafette

Zürich / 07.05.2011

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Hitachi Zosen Runners

□□: Alumni
 □□: 646

□□: 116.80 km
 Sola-Stafette

□□□□:
 Schnelle

□□□: 9:26:41

□□: 12.37 km/h
 □□□□: 4:53 min/km

□□□□□: 127 (of 790)

□□□□□□: 6:52:28

□□□□□: 119(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:02	134	6:22	220	6:22	4.40	22:11	5:02	1	22:11	1	22:11
Buchlern	13.25		4:31	180	17:01	298	17:01	17.65	1:22:13	4:39	1	1:22:13	1	1:22:13
Uetliberg	6.20		5:51	170	10:46	281	10:46	23.85	1:58:35	4:58	1	1:58:35	1	1:58:35
Felsenegg	5.90		4:11	27	4:48	35	4:48	29.75	2:23:20	4:49	1	2:23:20	1	2:23:20
Buchlern	14.02		4:14	72	11:35	94	11:35	43.77	3:22:43	4:37	1	3:22:43	1	3:22:43
Hönggerberg	11.10		4:37	92	12:11	147	12:11	54.87	4:14:03	4:37	1	4:14:03	1	4:14:03
Irchel	5.10		4:21	53	5:29	73	5:29	59.97	4:36:18	4:36	1	4:36:18	1	4:36:18
Fluntern	6.34		5:23	248	12:20	508	12:20	66.31	5:10:26	4:40	1	5:10:26	1	5:10:26
Forch	11.30		5:18	224	21:20	436	21:20	77.61	6:10:26	4:46	1	6:10:26	1	6:10:26
Egg	8.75		5:14	199	13:40	351	13:40	86.36	6:56:17	4:49	1	6:56:17	1	6:56:17
Zumikon	12.99		5:11	209	20:25	369	20:25	99.35	8:03:41	4:52	1	8:03:41	1	8:03:41
Witikon	6.91		4:45	221	11:49	417	11:49	106.26	8:36:32	4:51	1	8:36:32	1	8:36:32
Fluntern	4.90		4:31	109	5:52	156	5:52	111.16	8:58:43	4:50	1	8:58:43	1	8:58:43
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Irchel	5.64		4:57	193	9:19	366	9:19	116.80	9:26:41	4:51	122	2:34:45	134	2:34:45