



38. SOLA-Stafette

Zürich / 07.05.2011

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K-Runners

□□: Alumni

□□: 655

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:24:34

□□: 11.14 km/h

□□□□: 5:23 min/km

□□□□□: 470 (of 790)

□□□□□□: 6:52:28

□□□□□: 273(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:17	181	7:27	334	7:27	4.40	23:16	5:17	1	23:16	1	23:16
Buchlern	13.25		5:02	274	23:48	588	23:48	17.65	1:30:05	5:06	1	1:30:05	1	1:30:05
Uetliberg	6.20		5:52	171	10:48	285	10:48	23.85	2:06:29	5:18	1	2:06:29	1	2:06:29
Felsenegg	5.90		4:48	119	8:28	192	8:28	29.75	2:34:54	5:12	1	2:34:54	1	2:34:54
Buchlern	14.02		5:51	301	34:18	702	34:18	43.77	3:57:00	5:24	1	3:57:00	1	3:57:00
Hönggerberg	11.10		4:48	136	14:14	231	14:14	54.87	4:50:23	5:17	1	4:50:23	1	4:50:23
Irchel	5.10		5:00	157	8:45	262	8:45	59.97	5:15:54	5:16	1	5:15:54	1	5:15:54
Fluntern	6.34		5:03	187	10:15	326	10:15	66.31	5:47:57	5:14	1	5:47:57	1	5:47:57
Forch	11.30		5:32	260	23:58	549	23:58	77.61	6:50:35	5:17	1	6:50:35	1	6:50:35
Egg	8.75		6:02	290	20:39	674	20:39	86.36	7:43:25	5:21	1	7:43:25	1	7:43:25
Zumikon	12.99		5:28	257	24:11	516	24:11	99.35	8:54:35	5:22	1	8:54:35	1	8:54:35
Witikon	6.91		5:09	266	14:34	580	14:34	106.26	9:30:11	5:21	1	9:30:11	1	9:30:11
Fluntern	4.90		5:00	202	8:13	339	8:13	111.16	9:54:43	5:21	1	9:54:43	1	9:54:43
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Irchel	5.64		5:17	246	11:12	517	11:12	116.80	10:24:34	5:20	280	3:32:38	488	3:32:38