



38. SOLA-Stafette

Zürich / 07.05.2011

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Kanti Baden - The Speed Runners

□□□: 9:11:11

□□: Alumni

□□: 12.63 km/h

□□: 657

□□□□: 4:45 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 77 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 72(of 313)

Schnelle

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	147	6:31	242	6:31	4.40	22:20	5:04	1	22:20	1	22:20
Buchlern	13.25		4:24	149	15:19	229	15:19	17.65	1:20:40	4:34	1	1:20:40	1	1:20:40
Uetliberg	6.20		5:43	142	9:51	229	9:51	23.85	1:56:07	4:52	1	1:56:07	1	1:56:07
Felsenegg	5.90		5:05	176	10:04	313	10:04	29.75	2:26:08	4:54	1	2:26:08	1	2:26:08
Buchlern	14.02		3:48	16	5:40	18	5:40	43.77	3:19:36	4:33	1	3:19:36	1	3:19:36
Hönggerberg	11.10		4:34	78	11:37	128	11:37	54.87	4:10:22	4:33	1	4:10:22	1	4:10:22
Irchel	5.10		5:00	160	8:49	267	8:49	59.97	4:35:57	4:36	1	4:35:57	1	4:35:57
Fluntern	6.34		4:57	164	9:38	276	9:38	66.31	5:07:23	4:38	1	5:07:23	1	5:07:23
Forch	11.30		4:57	163	17:25	258	17:25	77.61	6:03:28	4:40	1	6:03:28	1	6:03:28
Egg	8.75		4:25	45	6:31	57	6:31	86.36	6:42:10	4:39	1	6:42:10	1	6:42:10
Zumikon	12.99		4:58	174	17:44	271	17:44	99.35	7:46:53	4:41	1	7:46:53	1	7:46:53
Witikon	6.91		4:17	116	8:40	188	8:40	106.26	8:16:35	4:40	1	8:16:35	1	8:16:35
Fluntern	4.90		5:04	215	8:35	373	8:35	111.16	8:41:29	4:41	1	8:41:29	1	8:41:29
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Irchel	5.64		5:15	241	11:03	505	11:03	116.80	9:11:11	4:43	75	2:19:15	84	2:19:15