



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

RUAG Space runners

□□: Alumni
□□: 706

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:10:09

□□: 12.65 km/h
□□□□: 4:45 min/km

□□□□□: 76 (of 790)

□□□□□□: 6:52:28

□□□□□: 71(of 313)

□□□□□□□: 6:52:28

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:12 | 174 | 7:06 | 310 | 7:06 | 4.40 | 22:55 | 5:12 | 1 | 22:55 | 1 | 22:55 |
| Buchlern | 13.25 | | 4:45 | 227 | 20:04 | 430 | 20:04 | 17.65 | 1:26:00 | 4:52 | 1 | 1:26:00 | 1 | 1:26:00 |
| Uetliberg | 6.20 | | 5:46 | 152 | 10:11 | 252 | 10:11 | 23.85 | 2:01:47 | 5:06 | 1 | 2:01:47 | 1 | 2:01:47 |
| Felsenegg | 5.90 | | 5:29 | 231 | 12:28 | 473 | 12:28 | 29.75 | 2:34:12 | 5:10 | 1 | 2:34:12 | 1 | 2:34:12 |
| Buchlern | 14.02 | | 4:32 | 120 | 15:49 | 185 | 15:49 | 43.77 | 3:37:49 | 4:58 | 1 | 3:37:49 | 1 | 3:37:49 |
| Hönggerberg | 11.10 | | 4:18 | 37 | 8:36 | 53 | 8:36 | 54.87 | 4:25:34 | 4:50 | 1 | 4:25:34 | 1 | 4:25:34 |
| Irchel | 5.10 | | 4:39 | 98 | 7:01 | 150 | 7:01 | 59.97 | 4:49:21 | 4:49 | 1 | 4:49:21 | 1 | 4:49:21 |
| Fluntern | 6.34 | | 5:04 | 192 | 10:22 | 336 | 10:22 | 66.31 | 5:21:31 | 4:50 | 1 | 5:21:31 | 1 | 5:21:31 |
| Forch | 11.30 | | 4:42 | 110 | 14:32 | 153 | 14:32 | 77.61 | 6:14:43 | 4:49 | 1 | 6:14:43 | 1 | 6:14:43 |
| Egg | 8.75 | | 4:50 | 117 | 10:08 | 174 | 10:08 | 86.36 | 6:57:02 | 4:49 | 1 | 6:57:02 | 1 | 6:57:02 |
| Zumikon | 12.99 | | 4:12 | 33 | 7:43 | 35 | 7:43 | 99.35 | 7:51:44 | 4:44 | 1 | 7:51:44 | 1 | 7:51:44 |
| Witikon | 6.91 | | 4:02 | 64 | 6:57 | 91 | 6:57 | 106.26 | 8:19:43 | 4:42 | 1 | 8:19:43 | 1 | 8:19:43 |
| Fluntern | 4.90 | | 5:13 | 233 | 9:15 | 424 | 9:15 | 111.16 | 8:45:17 | 4:43 | 1 | 8:45:17 | 1 | 8:45:17 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:24 | 78 | 6:13 | 122 | 6:13 | 116.80 | 9:10:09 | 4:42 | 74 | 2:18:13 | 82 | 2:18:13 |