



38. SOLA-Stafette

Zürich / 07.05.2011

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E-asy Runners

□□: ETH

□□: 71

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:18:01

□□: 11.26 km/h

□□□□: 5:17 min/km

□□□□□: 421 (of 790)

□□□□□□: 6:52:28

□□□□□: 160(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:08	383	9:48	663	11:11	4.40	27:00	6:08	1	27:00	1	27:00
Buchlern	13.25		4:44	197	15:25	422	19:55	17.65	1:29:56	5:05	1	1:29:56	1	1:29:56
Uetliberg	6.20		5:38	71	5:46	200	9:22	23.85	2:04:54	5:14	1	2:04:54	1	2:04:54
Felsenegg	5.90		6:09	403	13:41	695	16:22	29.75	2:41:13	5:25	1	2:41:13	1	2:41:13
Buchlern	14.02		4:30	60	11:20	176	15:21	43.77	3:44:22	5:07	1	3:44:22	1	3:44:22
Hönggerberg	11.10		5:00	136	13:48	312	16:29	54.87	4:40:00	5:06	1	4:40:00	1	4:40:00
Irchel	5.10		5:02	109	6:35	271	8:55	59.97	5:05:41	5:05	1	5:05:41	1	5:05:41
Fluntern	6.34		6:07	412	15:00	710	17:05	66.31	5:44:34	5:11	1	5:44:34	1	5:44:34
Forch	11.30		5:17	209	18:21	429	21:13	77.61	6:44:27	5:12	1	6:44:27	1	6:44:27
Egg	8.75		6:13	415	21:06	711	22:20	86.36	7:38:58	5:18	1	7:38:58	1	7:38:58
Zumikon	12.99		5:08	146	13:36	349	19:45	99.35	8:45:42	5:17	1	8:45:42	1	8:45:42
Witikon	6.91		4:50	228	9:34	462	12:22	106.26	9:19:06	5:15	1	9:19:06	1	9:19:06
Fluntern	4.90		5:47	312	11:32	584	12:04	111.16	9:47:29	5:17	1	9:47:29	1	9:47:29
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Irchel	5.64		5:24	306	10:19	561	11:53	116.80	10:18:01	5:17	171	2:07:49	438	3:26:05