



38. SOLA-Stafette

Zürich / 07.05.2011

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Running Affairs

□□: Alumni
□□: 708

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:50:33

□□: 11.79 km/h
□□□□: 5:06 min/km

□□□□□: 237 (of 790)

□□□□□□: 6:52:28

□□□□□: 190(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:48	262	9:43	563	9:43	4.40	25:32	5:48	1	25:32	1	25:32
Buchlern	13.25		4:29	167	16:34	272	16:34	17.65	1:25:07	4:49	1	1:25:07	1	1:25:07
Uetliberg	6.20		5:58	195	11:28	341	11:28	23.85	2:02:11	5:07	1	2:02:11	1	2:02:11
Felsenegg	5.90		4:58	155	9:22	266	9:22	29.75	2:31:30	5:05	1	2:31:30	1	2:31:30
Buchlern	14.02		5:07	242	24:01	483	24:01	43.77	3:43:19	5:06	1	3:43:19	1	3:43:19
Hönggerberg	11.10		4:46	130	13:53	214	13:53	54.87	4:36:21	5:02	1	4:36:21	1	4:36:21
Irchel	5.10		5:18	201	10:19	365	10:19	59.97	5:03:26	5:03	1	5:03:26	1	5:03:26
Fluntern	6.34		4:58	169	9:44	286	9:44	66.31	5:34:58	5:03	1	5:34:58	1	5:34:58
Forch	11.30		5:06	190	19:00	331	19:00	77.61	6:32:38	5:03	1	6:32:38	1	6:32:38
Egg	8.75		5:24	232	15:08	450	15:08	86.36	7:19:57	5:05	1	7:19:57	1	7:19:57
Zumikon	12.99		4:32	78	11:57	104	11:57	99.35	8:18:53	5:01	1	8:18:53	1	8:18:53
Witikon	6.91		4:59	251	13:28	529	13:28	106.26	8:53:23	5:01	1	8:53:23	1	8:53:23
Fluntern	4.90		6:04	287	13:28	661	13:28	111.16	9:23:10	5:03	1	9:23:10	1	9:23:10
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Irchel	5.64		4:51	176	8:44	322	8:44	116.80	9:50:33	5:03	196	2:58:37	251	2:58:37