



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

sawi hotrunners

□□: Alumni
□□: 712

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:57:49

□□: 12.94 km/h
□□□□: 4:38 min/km

□□□□□: 55 (of 790)

□□□□□□: 6:52:28

□□□□□: 53(of 313)

□□□□□□□: 6:52:28

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:09 | 163 | 6:53 | 281 | 6:53 | 4.40 | 22:42 | 5:09 | 1 | 22:42 | 1 | 22:42 |
| Buchlern | 13.25 | | 4:13 | 96 | 12:53 | 129 | 12:53 | 17.65 | 1:18:36 | 4:27 | 1 | 1:18:36 | 1 | 1:18:36 |
| Uetliberg | 6.20 | | 5:17 | 64 | 7:11 | 90 | 7:11 | 23.85 | 1:51:23 | 4:40 | 1 | 1:51:23 | 1 | 1:51:23 |
| Felsenegg | 5.90 | | 4:51 | 125 | 8:41 | 207 | 8:41 | 29.75 | 2:20:01 | 4:42 | 1 | 2:20:01 | 1 | 2:20:01 |
| Buchlern | 14.02 | | 4:28 | 112 | 14:54 | 164 | 14:54 | 43.77 | 3:22:43 | 4:37 | 1 | 3:22:43 | 1 | 3:22:43 |
| Hönggerberg | 11.10 | | 4:04 | 20 | 6:02 | 24 | 6:02 | 54.87 | 4:07:54 | 4:31 | 1 | 4:07:54 | 1 | 4:07:54 |
| Irchel | 5.10 | | 4:50 | 126 | 7:57 | 203 | 7:57 | 59.97 | 4:32:37 | 4:32 | 1 | 4:32:37 | 1 | 4:32:37 |
| Fluntern | 6.34 | | 4:36 | 89 | 7:23 | 130 | 7:23 | 66.31 | 5:01:48 | 4:33 | 1 | 5:01:48 | 1 | 5:01:48 |
| Forch | 11.30 | | 4:16 | 42 | 9:39 | 52 | 9:39 | 77.61 | 5:50:07 | 4:30 | 1 | 5:50:07 | 1 | 5:50:07 |
| Egg | 8.75 | | 4:40 | 84 | 8:42 | 109 | 8:42 | 86.36 | 6:31:00 | 4:31 | 1 | 6:31:00 | 1 | 6:31:00 |
| Zumikon | 12.99 | | 4:56 | 165 | 17:18 | 255 | 17:18 | 99.35 | 7:35:17 | 4:34 | 1 | 7:35:17 | 1 | 7:35:17 |
| Witikon | 6.91 | | 4:30 | 168 | 10:07 | 293 | 10:07 | 106.26 | 8:06:26 | 4:34 | 1 | 8:06:26 | 1 | 8:06:26 |
| Fluntern | 4.90 | | 4:36 | 132 | 6:17 | 193 | 6:17 | 111.16 | 8:29:02 | 4:34 | 1 | 8:29:02 | 1 | 8:29:02 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:06 | 218 | 10:08 | 428 | 10:08 | 116.80 | 8:57:49 | 4:36 | 54 | 2:05:53 | 59 | 2:05:53 |