



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

SeleRunners

□□: Alumni
□□: 716

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:51:35

□□: 11.85 km/h
□□□□: 5:06 min/km

□□□□□: 244 (of 790)

□□□□□□: 6:52:28

□□□□□: 193(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:15	288	11:45	686	11:45	4.40	27:34	6:15	1	27:34	1	27:34
Buchlern	13.25		4:14	107	13:14	148	13:14	17.65	1:23:49	4:44	1	1:23:49	1	1:23:49
Uetliberg	6.20		5:53	177	10:57	299	10:57	23.85	2:00:22	5:02	1	2:00:22	1	2:00:22
Felsenegg	5.90		4:47	115	8:22	187	8:22	29.75	2:28:41	4:59	1	2:28:41	1	2:28:41
Buchlern	14.02		4:03	41	9:12	48	9:12	43.77	3:25:41	4:41	1	3:25:41	1	3:25:41
Hönggerberg	11.10		4:42	109	13:07	176	13:07	54.87	4:17:57	4:42	1	4:17:57	1	4:17:57
Irchel	5.10		4:37	88	6:49	131	6:49	59.97	4:41:32	4:41	1	4:41:32	1	4:41:32
Fluntern	6.34		5:45	282	14:42	625	14:42	66.31	5:18:02	4:47	1	5:18:02	1	5:18:02
Forch	11.30		5:11	201	19:58	370	19:58	77.61	6:16:40	4:51	1	6:16:40	1	6:16:40
Egg	8.75		5:41	267	17:40	580	17:40	86.36	7:06:31	4:56	1	7:06:31	1	7:06:31
Zumikon	12.99		5:15	222	21:20	405	21:20	99.35	8:14:50	4:58	1	8:14:50	1	8:14:50
Witikon	6.91		5:26	285	16:33	663	16:33	106.26	8:52:25	5:00	1	8:52:25	1	8:52:25
Fluntern	4.90		5:17	241	9:39	446	9:39	111.16	9:18:23	5:01	1	9:18:23	1	9:18:23
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:53	295	14:33	680	14:33	116.80	9:51:35	5:03	199	2:59:39	258	2:59:39