



38. SOLA-Stafette

Zürich / 07.05.2011

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Epo-Enhanced Road Runners

□□: ETH

□□: 73

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:45:52

□□: 10.85 km/h

□□□□: 5:31 min/km

□□□□□: 603 (of 790)

□□□□□□: 6:52:28

□□□□□: 311(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:38	258	7:38	505	9:01	4.40	24:50	5:38	1	24:50	1	24:50
Buchlern	13.25		5:30	422	25:26	720	29:56	17.65	1:37:47	5:32	1	1:37:47	1	1:37:47
Uetliberg	6.20		6:06	179	8:38	393	12:14	23.85	2:15:37	5:41	1	2:15:37	1	2:15:37
Felsenegg	5.90		5:19	197	8:49	410	11:30	29.75	2:47:04	5:36	1	2:47:04	1	2:47:04
Buchlern	14.02		5:28	344	24:55	628	28:56	43.77	4:03:48	5:34	1	4:03:48	1	4:03:48
Hönggerberg	11.10		5:36	310	20:25	572	23:06	54.87	5:06:03	5:34	1	5:06:03	1	5:06:03
Irchel	5.10		5:19	165	8:01	367	10:21	59.97	5:33:10	5:33	1	5:33:10	1	5:33:10
Fluntern	6.34		5:23	264	10:18	513	12:23	66.31	6:07:21	5:32	1	6:07:21	1	6:07:21
Forch	11.30		5:42	328	23:02	607	25:54	77.61	7:11:55	5:33	1	7:11:55	1	7:11:55
Egg	8.75		5:27	236	14:24	476	15:38	86.36	7:59:44	5:33	1	7:59:44	1	7:59:44
Zumikon	12.99		5:22	223	16:43	462	22:52	99.35	9:09:35	5:31	1	9:09:35	1	9:09:35
Witikon	6.91		4:38	157	8:13	355	11:01	106.26	9:41:38	5:28	1	9:41:38	1	9:41:38
Fluntern	4.90		6:35	436	15:29	741	16:01	111.16	10:13:58	5:31	1	10:13:58	1	10:13:58
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:39	354	11:41	636	13:15	116.80	10:45:52	5:31	323	2:35:40	622	3:53:56