



38. SOLA-Stafette

Zürich / 07.05.2011

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PwC Running Advisors

□□: Ang.

□□: 790

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:15:02

□□: 12.54 km/h

□□□□: 4:47 min/km

□□□□□: 86 (of 790)

□□□□□□: 6:52:28

□□□□□: 81(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:15	180	7:19	330	7:19	4.40	23:08	5:15	1	23:08	1	23:08
Buchlern	13.25		4:05	75	11:13	96	11:13	17.65	1:17:22	4:23	1	1:17:22	1	1:17:22
Uetliberg	6.20		5:37	125	9:14	192	9:14	23.85	1:52:12	4:42	1	1:52:12	1	1:52:12
Felsenegg	5.90		5:06	181	10:14	322	10:14	29.75	2:22:23	4:47	1	2:22:23	1	2:22:23
Buchlern	14.02		4:09	54	10:24	67	10:24	43.77	3:20:35	4:34	1	3:20:35	1	3:20:35
Hönggerberg	11.10		4:09	26	7:04	35	7:04	54.87	4:06:48	4:29	1	4:06:48	1	4:06:48
Irchel	5.10		4:50	126	7:57	203	7:57	59.97	4:31:31	4:31	1	4:31:31	1	4:31:31
Fluntern	6.34		5:09	212	10:56	383	10:56	66.31	5:04:15	4:35	1	5:04:15	1	5:04:15
Forch	11.30		5:16	217	20:52	416	20:52	77.61	6:03:47	4:41	1	6:03:47	1	6:03:47
Egg	8.75		4:52	125	10:31	190	10:31	86.36	6:46:29	4:42	1	6:46:29	1	6:46:29
Zumikon	12.99		5:41	277	27:00	590	27:00	99.35	8:00:28	4:50	1	8:00:28	1	8:00:28
Witikon	6.91		4:33	178	10:26	312	10:26	106.26	8:31:56	4:49	1	8:31:56	1	8:31:56
Fluntern	4.90		4:13	58	4:21	76	4:21	111.16	8:52:36	4:47	1	8:52:36	1	8:52:36
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Irchel	5.64		3:58	34	3:47	39	3:47	116.80	9:15:02	4:45	84	2:23:06	93	2:23:06