



38. SOLA-Stafette

Zürich / 07.05.2011

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SAM Runners

□□: Ang.

□□: 794

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:37:18

□□: 12.06 km/h

□□□□: 4:59 min/km

□□□□□: 170 (of 790)

□□□□□□: 6:52:28

□□□□□: 150(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:18	292	11:55	696	11:55	4.40	27:44	6:18	1	27:44	1	27:44
Buchlern	13.25		4:19	130	14:20	187	14:20	17.65	1:25:05	4:49	1	1:25:05	1	1:25:05
Uetliberg	6.20		6:24	242	14:10	509	14:10	23.85	2:04:51	5:14	1	2:04:51	1	2:04:51
Felsenegg	5.90		6:05	289	16:00	682	16:00	29.75	2:40:48	5:24	1	2:40:48	1	2:40:48
Buchlern	14.02		4:10	55	10:39	71	10:39	43.77	3:39:15	5:00	1	3:39:15	1	3:39:15
Hönggerberg	11.10		5:19	229	20:00	454	20:00	54.87	4:38:24	5:04	1	4:38:24	1	4:38:24
Irchel	5.10		5:19	206	10:25	377	10:25	59.97	5:05:35	5:05	1	5:05:35	1	5:05:35
Fluntern	6.34		4:52	148	9:08	237	9:08	66.31	5:36:31	5:04	1	5:36:31	1	5:36:31
Forch	11.30		4:36	95	13:30	131	13:30	77.61	6:28:41	5:00	1	6:28:41	1	6:28:41
Egg	8.75		4:27	52	6:53	66	6:53	86.36	7:07:45	4:57	1	7:07:45	1	7:07:45
Zumikon	12.99		5:25	250	23:35	491	23:35	99.35	8:18:19	5:00	1	8:18:19	1	8:18:19
Witikon	6.91		3:28	16	3:00	18	3:00	106.26	8:42:21	4:54	1	8:42:21	1	8:42:21
Fluntern	4.90		5:51	276	12:22	607	12:22	111.16	9:11:02	4:57	1	9:11:02	1	9:11:02
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Irchel	5.64		4:39	139	7:37	238	7:37	116.80	9:37:18	4:56	154	2:45:22	180	2:45:22