



38. SOLA-Stafette

Zürich / 07.05.2011

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Helvetas Runners

□□: G_ste

□□: 811

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:47:07

□□: 10.83 km/h

□□□□: 5:35 min/km

□□□□□: 610 (of 790)

□□□□□□: 6:52:28

□□□□□: 294(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	198	7:48	375	7:48	4.40	23:37	5:22	1	23:37	1	23:37
Buchlern	13.25		4:54	256	22:03	524	22:03	17.65	1:28:41	5:01	1	1:28:41	1	1:28:41
Uetliberg	6.20		6:41	271	15:55	592	15:55	23.85	2:10:12	5:27	1	2:10:12	1	2:10:12
Felsenegg	5.90		5:09	185	10:27	335	10:27	29.75	2:40:36	5:23	1	2:40:36	1	2:40:36
Buchlern	14.02		6:03	305	37:06	732	37:06	43.77	4:05:30	5:36	1	4:05:30	1	4:05:30
Hönggerberg	11.10		4:44	122	13:29	197	13:29	54.87	4:58:08	5:26	1	4:58:08	1	4:58:08
Irchel	5.10		5:10	181	9:38	321	9:38	59.97	5:24:32	5:24	1	5:24:32	1	5:24:32
Fluntern	6.34		5:35	269	13:42	589	13:42	66.31	6:00:02	5:25	1	6:00:02	1	6:00:02
Forch	11.30		5:42	280	25:54	607	25:54	77.61	7:04:36	5:28	1	7:04:36	1	7:04:36
Egg	8.75		6:17	300	22:51	721	22:51	86.36	7:59:38	5:33	1	7:59:38	1	7:59:38
Zumikon	12.99		6:07	303	32:40	713	32:40	99.35	9:19:17	5:37	1	9:19:17	1	9:19:17
Witikon	6.91		4:53	240	12:46	480	12:46	106.26	9:53:05	5:34	1	9:53:05	1	9:53:05
Fluntern	4.90		5:35	259	11:05	525	11:05	111.16	10:20:29	5:34	1	10:20:29	1	10:20:29
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Irchel	5.64		4:43	150	7:59	263	7:59	116.80	10:47:07	5:32	301	3:55:11	629	3:55:11