



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Junk Bond - License to Run

□□: UNI

□□: 820

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:34:55

□□: 11.04 km/h

□□□□: 5:29 min/km

□□□□□: 543 (of 790)

□□□□□□: 6:52:28

□□□□□: 286(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	165	6:56	287	6:56	4.40	22:45	5:10	1	22:45	1	22:45
Buchlern	13.25		4:56	258	22:25	544	22:25	17.65	1:28:11	4:59	1	1:28:11	1	1:28:11
Uetliberg	6.20		5:40	136	9:36	215	9:36	23.85	2:03:23	5:10	1	2:03:23	1	2:03:23
Felsenegg	5.90		5:00	162	9:35	279	9:35	29.75	2:32:55	5:08	1	2:32:55	1	2:32:55
Buchlern	14.02		5:00	229	22:31	438	22:31	43.77	3:43:14	5:06	1	3:43:14	1	3:43:14
Hönggerberg	11.10		5:54	284	26:28	669	26:28	54.87	4:48:51	5:15	1	4:48:51	1	4:48:51
Irchel	5.10		6:05	284	14:19	625	14:19	59.97	5:19:56	5:20	1	5:19:56	1	5:19:56
Fluntern	6.34		5:08	210	10:49	377	10:49	66.31	5:52:33	5:19	1	5:52:33	1	5:52:33
Forch	11.30		5:38	274	25:01	584	25:01	77.61	6:56:14	5:21	1	6:56:14	1	6:56:14
Egg	8.75		7:04	311	29:39	769	29:39	86.36	7:58:04	5:32	1	7:58:04	1	7:58:04
Zumikon	12.99		5:00	181	18:09	289	18:09	99.35	9:03:12	5:28	1	9:03:12	1	9:03:12
Witikon	6.91		6:24	308	23:17	768	23:17	106.26	9:47:31	5:31	1	9:47:31	1	9:47:31
Fluntern	4.90		4:55	188	7:51	300	7:51	111.16	10:11:41	5:30	1	10:11:41	1	10:11:41
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Irchel	5.64		4:07	44	4:35	57	4:35	116.80	10:34:55	5:26	293	3:42:59	561	3:42:59