



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

IVP-Runners Made of Steel

□□: ETH

□□: 87

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:22:37

□□: 11.18 km/h

□□□□: 5:19 min/km

□□□□□: 455 (of 790)

□□□□□□: 6:52:28

□□□□□: 186(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:22 | 178 | 6:26 | 377 | 7:49 | 4.40 | 23:38 | 5:22 | 1 | 23:38 | 1 | 23:38 |
| Buchlern | 13.25 | | 4:38 | 148 | 13:53 | 353 | 18:23 | 17.65 | 1:25:02 | 4:49 | 1 | 1:25:02 | 1 | 1:25:02 |
| Uetliberg | 6.20 | | 7:18 | 411 | 16:08 | 709 | 19:44 | 23.85 | 2:10:22 | 5:27 | 1 | 2:10:22 | 1 | 2:10:22 |
| Felsenegg | 5.90 | | 4:56 | 107 | 6:32 | 258 | 9:13 | 29.75 | 2:39:32 | 5:21 | 1 | 2:39:32 | 1 | 2:39:32 |
| Buchlern | 14.02 | | 5:39 | 377 | 27:35 | 667 | 31:36 | 43.77 | 3:58:56 | 5:27 | 1 | 3:58:56 | 1 | 3:58:56 |
| Hönggerberg | 11.10 | | 4:59 | 132 | 13:38 | 306 | 16:19 | 54.87 | 4:54:24 | 5:21 | 1 | 4:54:24 | 1 | 4:54:24 |
| Irchel | 5.10 | | 5:02 | 109 | 6:35 | 271 | 8:55 | 59.97 | 5:20:05 | 5:20 | 1 | 5:20:05 | 1 | 5:20:05 |
| Fluntern | 6.34 | | 5:29 | 294 | 10:54 | 552 | 12:59 | 66.31 | 5:54:52 | 5:21 | 1 | 5:54:52 | 1 | 5:54:52 |
| Forch | 11.30 | | 6:17 | 423 | 29:37 | 729 | 32:29 | 77.61 | 7:06:01 | 5:29 | 1 | 7:06:01 | 1 | 7:06:01 |
| Egg | 8.75 | | 5:39 | 298 | 16:05 | 558 | 17:19 | 86.36 | 7:55:31 | 5:30 | 1 | 7:55:31 | 1 | 7:55:31 |
| Zumikon | 12.99 | | 5:08 | 150 | 13:42 | 354 | 19:51 | 99.35 | 9:02:21 | 5:27 | 1 | 9:02:21 | 1 | 9:02:21 |
| Witikon | 6.91 | | 4:03 | 30 | 4:12 | 94 | 7:00 | 106.26 | 9:30:23 | 5:22 | 1 | 9:30:23 | 1 | 9:30:23 |
| Fluntern | 4.90 | | 5:44 | 303 | 11:17 | 572 | 11:49 | 111.16 | 9:58:31 | 5:23 | 1 | 9:58:31 | 1 | 9:58:31 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:16 | 28 | 3:53 | 86 | 5:27 | 116.80 | 10:22:37 | 5:19 | 197 | 2:12:25 | 473 | 3:30:41 |