



# 38. SOLA-Stafette

Zürich / 07.05.2011

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Just run it!

□□: ETH  
□□: 88

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:41:10

□□: 10.86 km/h  
□□□□: 5:29 min/km

□□□□□: 581 (of 790)

□□□□□□: 6:52:28

□□□□□: 291(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	179	6:27	378	7:50	4.40	23:39	5:22	1	23:39	1	23:39
Buchlern	13.25		4:54	266	17:28	518	21:58	17.65	1:28:38	5:01	1	1:28:38	1	1:28:38
Uetliberg	6.20		5:54	125	7:25	304	11:01	23.85	2:05:15	5:15	1	2:05:15	1	2:05:15
Felsenegg	5.90		5:00	116	6:52	277	9:33	29.75	2:34:45	5:12	1	2:34:45	1	2:34:45
Buchlern	14.02		6:12	446	35:10	752	39:11	43.77	4:01:44	5:31	1	4:01:44	1	4:01:44
Hönggerberg	11.10		6:48	457	33:39	765	36:20	54.87	5:17:13	5:46	1	5:17:13	1	5:17:13
Irchel	5.10		6:00	326	11:33	605	13:53	59.97	5:47:52	5:48	1	5:47:52	1	5:47:52
Fluntern	6.34		5:53	369	13:30	655	15:35	66.31	6:25:15	5:48	1	6:25:15	1	6:25:15
Forch	11.30		4:56	89	14:19	249	17:11	77.61	7:21:06	5:41	1	7:21:06	1	7:21:06
Egg	8.75		5:28	240	14:27	480	15:41	86.36	8:08:58	5:39	1	8:08:58	1	8:08:58
Zumikon	12.99		5:15	187	15:14	410	21:23	99.35	9:17:20	5:36	1	9:17:20	1	9:17:20
Witikon	6.91		4:31	130	7:27	300	10:15	106.26	9:48:37	5:32	1	9:48:37	1	9:48:37
Fluntern	4.90		4:46	80	6:34	242	7:06	111.16	10:12:02	5:30	1	10:12:02	1	10:12:02
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Irchel	5.64		5:09	228	8:55	458	10:29	116.80	10:41:10	5:29	302	2:30:58	599	3:49:14