



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Microrunners

□□: ETH

□□: 98

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:55:32

□□: 10.62 km/h

□□□□: 5:36 min/km

□□□□□: 649 (of 790)

□□□□□□: 6:52:28

□□□□□: 355 (of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|----------|-----------|-----------|
| Hönggerberg | 4.40 | | 7:10 | 460 | 14:23 | 770 | 15:46 | 4.40 | 31:35 | 7:10 | 1 | 31:35 | 1 | 31:35 |
| Buchlern | 13.25 | | 5:46 | 451 | 28:58 | 755 | 33:28 | 17.65 | 1:48:04 | 6:07 | 1 | 1:48:04 | 1 | 1:48:04 |
| Uetliberg | 6.20 | | 6:26 | 274 | 10:46 | 523 | 14:22 | 23.85 | 2:28:02 | 6:12 | 1 | 2:28:02 | 1 | 2:28:02 |
| Felsenegg | 5.90 | | 6:22 | 422 | 14:58 | 717 | 17:39 | 29.75 | 3:05:38 | 6:14 | 1 | 3:05:38 | 1 | 3:05:38 |
| Buchlern | 14.02 | | 4:46 | 131 | 15:12 | 300 | 19:13 | 43.77 | 4:12:39 | 5:46 | 1 | 4:12:39 | 1 | 4:12:39 |
| Hönggerberg | 11.10 | | 4:45 | 81 | 11:04 | 208 | 13:45 | 54.87 | 5:05:33 | 5:34 | 1 | 5:05:33 | 1 | 5:05:33 |
| Irchel | 5.10 | | 5:32 | 220 | 9:09 | 457 | 11:29 | 59.97 | 5:33:48 | 5:33 | 1 | 5:33:48 | 1 | 5:33:48 |
| Fluntern | 6.34 | | 5:26 | 282 | 10:37 | 535 | 12:42 | 66.31 | 6:08:18 | 5:33 | 1 | 6:08:18 | 1 | 6:08:18 |
| Forch | 11.30 | | 5:55 | 380 | 25:25 | 676 | 28:17 | 77.61 | 7:15:15 | 5:36 | 1 | 7:15:15 | 1 | 7:15:15 |
| Egg | 8.75 | | 5:44 | 324 | 16:51 | 598 | 18:05 | 86.36 | 8:05:31 | 5:37 | 1 | 8:05:31 | 1 | 8:05:31 |
| Zumikon | 12.99 | | 5:50 | 354 | 22:41 | 644 | 28:50 | 99.35 | 9:21:20 | 5:39 | 1 | 9:21:20 | 1 | 9:21:20 |
| Witikon | 6.91 | | 5:53 | 422 | 16:51 | 725 | 19:39 | 106.26 | 10:02:01 | 5:39 | 1 | 10:02:01 | 1 | 10:02:01 |
| Fluntern | 4.90 | | 5:07 | 167 | 8:18 | 385 | 8:50 | 111.16 | 10:27:10 | 5:38 | 1 | 10:27:10 | 1 | 10:27:10 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:01 | 199 | 8:09 | 403 | 9:43 | 116.80 | 10:55:32 | 5:36 | 367 | 2:45:20 | 668 | 4:03:36 |