



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

AXIS Runners

□□: Alumni
 □□: 172

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:22:34

□□: 11.26 km/h
 □□□□: 5:19 min/km

□□□□□: 454 (of 790)

□□□□□□: 6:52:28

□□□□□: 185(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:30	427	11:28	728	12:51	4.40	28:40	6:30	1	28:40	1	28:40
Buchlern	13.25		4:51	251	16:51	498	21:21	17.65	1:33:02	5:16	1	1:33:02	1	1:33:02
Uetliberg	6.20		6:28	283	10:58	534	14:34	23.85	2:13:12	5:35	1	2:13:12	1	2:13:12
Felsenegg	5.90		5:14	171	8:20	371	11:01	29.75	2:44:10	5:31	1	2:44:10	1	2:44:10
Buchlern	14.02		5:43	387	28:28	679	32:29	43.77	4:04:27	5:35	1	4:04:27	1	4:04:27
Hönggerberg	11.10		4:44	76	10:53	198	13:34	54.87	4:57:10	5:24	1	4:57:10	1	4:57:10
Irchel	5.10		5:22	183	8:18	395	10:38	59.97	5:24:34	5:24	1	5:24:34	1	5:24:34
Fluntern	6.34		4:40	54	5:46	158	7:51	66.31	5:54:13	5:20	1	5:54:13	1	5:54:13
Forch	11.30		5:30	276	20:42	531	23:34	77.61	6:56:27	5:21	1	6:56:27	1	6:56:27
Egg	8.75		5:47	338	17:15	614	18:29	86.36	7:47:07	5:24	1	7:47:07	1	7:47:07
Zumikon	12.99		5:15	183	15:06	404	21:15	99.35	8:55:21	5:23	1	8:55:21	1	8:55:21
Witikon	6.91		4:40	171	8:31	376	11:19	106.26	9:27:42	5:20	1	9:27:42	1	9:27:42
Fluntern	4.90		6:02	368	12:45	653	13:17	111.16	9:57:18	5:22	1	9:57:18	1	9:57:18
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:28	56	5:03	151	6:37	116.80	10:22:34	5:19	196	2:12:22	472	3:30:38