



38. SOLA-Stafette

Zürich / 07.05.2011

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Jappadapedidu

□□: Alumni
□□: 240

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:28:49

□□: 11.14 km/h
□□□□: 5:23 min/km

□□□□□: 503 (of 790)

□□□□□□: 6:52:28

□□□□□: 225 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:02	360	9:21	633	10:44	4.40	26:33	6:02	1	26:33	1	26:33
Buchlern	13.25		4:31	114	12:20	286	16:50	17.65	1:26:24	4:53	1	1:26:24	1	1:26:24
Uetliberg	6.20		6:07	184	8:47	402	12:23	23.85	2:04:23	5:12	1	2:04:23	1	2:04:23
Felsenegg	5.90		4:34	25	4:20	95	7:01	29.75	2:31:21	5:05	1	2:31:21	1	2:31:21
Buchlern	14.02		5:04	231	19:24	468	23:25	43.77	3:42:34	5:05	1	3:42:34	1	3:42:34
Hönggerberg	11.10		5:41	330	21:16	600	23:57	54.87	4:45:40	5:12	1	4:45:40	1	4:45:40
Irchel	5.10		5:51	291	10:49	560	13:09	59.97	5:15:35	5:15	1	5:15:35	1	5:15:35
Fluntern	6.34		4:59	122	7:44	292	9:49	66.31	5:47:12	5:14	1	5:47:12	1	5:47:12
Forch	11.30		5:37	309	22:04	581	24:56	77.61	6:50:48	5:17	1	6:50:48	1	6:50:48
Egg	8.75		6:02	385	19:26	675	20:40	86.36	7:43:39	5:22	1	7:43:39	1	7:43:39
Zumikon	12.99		5:36	293	19:41	563	25:50	99.35	8:56:28	5:23	1	8:56:28	1	8:56:28
Witikon	6.91		4:54	256	10:07	500	12:55	106.26	9:30:25	5:22	1	9:30:25	1	9:30:25
Fluntern	4.90		5:47	310	11:30	582	12:02	111.16	9:58:46	5:23	1	9:58:46	1	9:58:46
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Irchel	5.64		5:19	283	9:50	532	11:24	116.80	10:28:49	5:23	236	2:18:37	521	3:36:53