



38. SOLA-Stafette

Zürich / 07.05.2011

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SHIKAR Selection I

□□: Alumni

□□: 307

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:41:15

□□: 10.93 km/h

□□□□: 5:29 min/km

□□□□□: 582 (of 790)

□□□□□□: 6:52:28

□□□□□: 292(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:01	86	4:56	219	6:19	4.40	22:08	5:01	1	22:08	1	22:08
Buchlern	13.25		4:48	228	16:09	466	20:39	17.65	1:25:48	4:51	1	1:25:48	1	1:25:48
Uetliberg	6.20		7:30	427	17:23	728	20:59	23.85	2:12:23	5:33	1	2:12:23	1	2:12:23
Felsenegg	5.90		4:53	90	6:15	228	8:56	29.75	2:41:16	5:25	1	2:41:16	1	2:41:16
Buchlern	14.02		4:31	63	11:38	181	15:39	43.77	3:44:43	5:08	1	3:44:43	1	3:44:43
Hönggerberg	11.10		5:04	156	14:31	345	17:12	54.87	4:41:04	5:07	1	4:41:04	1	4:41:04
Irchel	5.10		5:59	322	11:29	600	13:49	59.97	5:11:39	5:11	1	5:11:39	1	5:11:39
Fluntern	6.34		5:51	358	13:13	644	15:18	66.31	5:48:45	5:15	1	5:48:45	1	5:48:45
Forch	11.30		6:32	445	32:23	753	35:15	77.61	7:02:40	5:26	1	7:02:40	1	7:02:40
Egg	8.75		6:07	399	20:13	691	21:27	86.36	7:56:18	5:30	1	7:56:18	1	7:56:18
Zumikon	12.99		5:50	359	22:48	649	28:57	99.35	9:12:14	5:33	1	9:12:14	1	9:12:14
Witikon	6.91		4:07	44	4:42	123	7:30	106.26	9:40:46	5:27	1	9:40:46	1	9:40:46
Fluntern	4.90		6:14	397	13:45	688	14:17	111.16	10:11:22	5:29	1	10:11:22	1	10:11:22
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Irchel	5.64		5:17	274	9:40	520	11:14	116.80	10:41:15	5:29	303	2:31:03	600	3:49:19