



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

ShoWuP

□□: Alumni

□□: 309

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:58:49

□□: 11.70 km/h

□□□□: 5:07 min/km

□□□□□: 289 (of 790)

□□□□□□: 6:52:28

□□□□□: 76 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:01	359	9:20	632	10:43	4.40	26:32	6:01	1	26:32	1	26:32
Buchlern	13.25		3:47	4	2:44	29	7:14	17.65	1:16:47	4:21	1	1:16:47	1	1:16:47
Uetliberg	6.20		5:39	76	5:55	210	9:31	23.85	1:51:54	4:41	1	1:51:54	1	1:51:54
Felsenegg	5.90		5:21	205	9:00	422	11:41	29.75	2:23:32	4:49	1	2:23:32	1	2:23:32
Buchlern	14.02		4:52	155	16:25	353	20:26	43.77	3:31:46	4:50	1	3:31:46	1	3:31:46
Hönggerberg	11.10		4:24	29	7:02	78	9:43	54.87	4:20:38	4:45	1	4:20:38	1	4:20:38
Irchel	5.10		5:35	229	9:26	472	11:46	59.97	4:49:10	4:49	1	4:49:10	1	4:49:10
Fluntern	6.34		5:48	351	12:55	637	15:00	66.31	5:25:58	4:54	1	5:25:58	1	5:25:58
Forch	11.30		5:22	228	19:09	463	22:01	77.61	6:26:39	4:58	1	6:26:39	1	6:26:39
Egg	8.75		6:05	393	19:53	684	21:07	86.36	7:19:57	5:05	1	7:19:57	1	7:19:57
Zumikon	12.99		5:13	175	14:48	390	20:57	99.35	8:27:53	5:06	1	8:27:53	1	8:27:53
Witikon	6.91		4:10	50	5:01	138	7:49	106.26	8:56:44	5:03	1	8:56:44	1	8:56:44
Fluntern	4.90		7:25	472	19:33	782	20:05	111.16	9:33:08	5:09	1	9:33:08	1	9:33:08
□□□	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Irchel	-	fehlt!	-	-	-	-	-	116.80	-	-	86	-	305	-