



38. SOLA-Stafette

Zürich / 07.05.2011

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BCG Switzerland Staff

□□: Alumni
□□: 593

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:49:16

□□: 11.89 km/h
□□□□: 5:05 min/km

□□□□□: 234 (of 790)

□□□□□□: 6:52:28

□□□□□: 189(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	110	5:53	179	5:53	4.40	21:42	4:55	1	21:42	1	21:42
Buchlern	13.25		5:06	279	24:43	614	24:43	17.65	1:29:26	5:04	1	1:29:26	1	1:29:26
Uetliberg	6.20		5:31	101	8:41	153	8:41	23.85	2:03:43	5:11	1	2:03:43	1	2:03:43
Felsenegg	5.90		4:39	85	7:33	129	7:33	29.75	2:31:13	5:04	1	2:31:13	1	2:31:13
Buchlern	14.02		5:10	250	24:46	509	24:46	43.77	3:43:47	5:06	1	3:43:47	1	3:43:47
Hönggerberg	11.10		4:42	105	13:04	172	13:04	54.87	4:36:00	5:01	1	4:36:00	1	4:36:00
Irchel	5.10		5:55	275	13:29	579	13:29	59.97	5:06:15	5:06	1	5:06:15	1	5:06:15
Fluntern	6.34		5:07	203	10:42	362	10:42	66.31	5:38:45	5:06	1	5:38:45	1	5:38:45
Forch	11.30		5:05	188	18:57	329	18:57	77.61	6:36:22	5:06	1	6:36:22	1	6:36:22
Egg	8.75		5:58	283	20:06	660	20:06	86.36	7:28:39	5:11	1	7:28:39	1	7:28:39
Zumikon	12.99		4:39	108	13:30	149	13:30	99.35	8:29:08	5:07	1	8:29:08	1	8:29:08
Witikon	6.91		4:36	190	10:48	333	10:48	106.26	9:00:58	5:05	1	9:00:58	1	9:00:58
Fluntern	4.90		4:01	41	3:26	47	3:26	111.16	9:20:43	5:02	1	9:20:43	1	9:20:43
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Irchel	5.64		5:03	208	9:54	411	9:54	116.80	9:49:16	5:02	195	2:57:20	248	2:57:20