



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## Kantonsschule Freudenberg

□□: Alumni

□□: 659

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:28:11

□□: 12.33 km/h

□□□□: 4:54 min/km

□□□□□: 131 (of 790)

□□□□□□: 6:52:28

□□□□□: 122(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:11	169	7:02	302	7:02	4.40	22:51	5:11	1	22:51	1	22:51
Buchlern	13.25		4:34	193	17:32	328	17:32	17.65	1:23:24	4:43	1	1:23:24	1	1:23:24
Uetliberg	6.20		5:38	130	9:25	202	9:25	23.85	1:58:25	4:57	1	1:58:25	1	1:58:25
Felsenegg	5.90		5:00	164	9:36	282	9:36	29.75	2:27:58	4:58	1	2:27:58	1	2:27:58
Buchlern	14.02		4:50	187	20:02	331	20:02	43.77	3:35:48	4:55	1	3:35:48	1	3:35:48
Hönggerberg	11.10		5:36	263	23:10	575	23:10	54.87	4:38:07	5:04	1	4:38:07	1	4:38:07
Irchel	5.10		5:34	240	11:41	467	11:41	59.97	5:06:34	5:06	1	5:06:34	1	5:06:34
Fluntern	6.34		4:43	110	8:08	167	8:08	66.31	5:36:30	5:04	1	5:36:30	1	5:36:30
Forch	11.30		4:37	97	13:37	134	13:37	77.61	6:28:47	5:00	1	6:28:47	1	6:28:47
Egg	8.75		4:44	98	9:21	136	9:21	86.36	7:10:19	4:58	1	7:10:19	1	7:10:19
Zumikon	12.99		4:47	134	15:10	196	15:10	99.35	8:12:28	4:57	1	8:12:28	1	8:12:28
Witikon	6.91		4:15	108	8:25	168	8:25	106.26	8:41:55	4:54	1	8:41:55	1	8:41:55
Fluntern	4.90		4:10	53	4:09	68	4:09	111.16	9:02:23	4:52	1	9:02:23	1	9:02:23
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:34	119	7:09	198	7:09	116.80	9:28:11	4:51	125	2:36:15	138	2:36:15