



38. SOLA-Stafette

Zürich / 07.05.2011

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Rindenraser

□□: Alumni

□□: 702

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:09:32

□□: 11.50 km/h

□□□□: 5:16 min/km

□□□□□: 373 (of 790)

□□□□□□: 6:52:28

□□□□□: 247(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:11	168	7:01	300	7:01	4.40	22:50	5:11	1	22:50	1	22:50
Buchlern	13.25		4:24	150	15:27	232	15:27	17.65	1:21:18	4:36	1	1:21:18	1	1:21:18
Uetliberg	6.20		9:36	311	33:56	784	33:56	23.85	2:20:50	5:54	1	2:20:50	1	2:20:50
Felsenegg	5.90		5:45	260	14:00	576	14:00	29.75	2:54:47	5:52	1	2:54:47	1	2:54:47
Buchlern	14.02		4:36	138	16:42	215	16:42	43.77	3:59:17	5:28	1	3:59:17	1	3:59:17
Hönggerberg	11.10		5:36	261	23:02	568	23:02	54.87	5:01:28	5:29	1	5:01:28	1	5:01:28
Irchel	5.10		4:34	77	6:36	115	6:36	59.97	5:24:50	5:24	1	5:24:50	1	5:24:50
Fluntern	6.34		5:11	222	11:06	404	11:06	66.31	5:57:44	5:23	1	5:57:44	1	5:57:44
Forch	11.30		4:43	112	14:47	157	14:47	77.61	6:51:11	5:17	1	6:51:11	1	6:51:11
Egg	8.75		5:07	178	12:38	300	12:38	86.36	7:36:00	5:16	1	7:36:00	1	7:36:00
Zumikon	12.99		4:42	120	14:14	167	14:14	99.35	8:37:13	5:12	1	8:37:13	1	8:37:13
Witikon	6.91		5:03	256	13:55	553	13:55	106.26	9:12:10	5:11	1	9:12:10	1	9:12:10
Fluntern	4.90		5:42	267	11:37	562	11:37	111.16	9:40:06	5:13	1	9:40:06	1	9:40:06
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:13	234	10:47	480	10:47	116.80	10:09:32	5:13	253	3:17:36	390	3:17:36