



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

a-connect

□□: Alumni

□□: 147

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:15:36

□□: 10.30 km/h

□□□□: 5:47 min/km

□□□□□: 721 (of 790)

□□□□□□: 6:52:28

□□□□□: 418(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:52	323	8:41	587	10:04	4.40	25:53	5:52	1	25:53	1	25:53
Buchlern	13.25		4:52	254	16:58	502	21:28	17.65	1:30:22	5:07	1	1:30:22	1	1:30:22
Uetliberg	6.20		6:18	235	9:52	470	13:28	23.85	2:09:26	5:25	1	2:09:26	1	2:09:26
Felsenegg	5.90		6:15	411	14:16	706	16:57	29.75	2:46:20	5:35	1	2:46:20	1	2:46:20
Buchlern	14.02		5:30	351	25:18	636	29:19	43.77	4:03:27	5:33	1	4:03:27	1	4:03:27
Hönggerberg	11.10		6:16	426	27:46	724	30:27	54.87	5:13:03	5:42	1	5:13:03	1	5:13:03
Irchel	5.10		6:59	446	16:31	747	18:51	59.97	5:48:40	5:48	1	5:48:40	1	5:48:40
Fluntern	6.34		6:19	430	16:10	732	18:15	66.31	6:28:43	5:51	1	6:28:43	1	6:28:43
Forch	11.30		6:52	462	36:10	775	39:02	77.61	7:46:25	6:00	1	7:46:25	1	7:46:25
Egg	8.75		5:45	328	16:57	603	18:11	86.36	8:36:47	5:59	1	8:36:47	1	8:36:47
Zumikon	12.99		5:31	275	18:39	538	24:48	99.35	9:48:34	5:55	1	9:48:34	1	9:48:34
Witikon	6.91		4:16	66	5:44	177	8:32	106.26	10:18:08	5:49	1	10:18:08	1	10:18:08
Fluntern	4.90		6:18	403	14:02	700	14:34	111.16	10:49:01	5:50	1	10:49:01	1	10:49:01
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:42	113	6:22	262	7:56	116.80	11:15:36	5:47	430	3:05:24	741	4:23:40