



38. SOLA-Stafette

Zürich / 07.05.2011

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Accenturbos

□□: Alumni

□□: 153

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:33:32

□□: 12.14 km/h

□□□□: 4:54 min/km

□□□□□: 154 (of 790)

□□□□□□: 6:52:28

□□□□□: 16(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:15	4	1:32	31	2:55	4.40	18:44	4:15	1	18:44	1	18:44
Buchlern	13.25		3:52	7	3:55	43	8:25	17.65	1:10:10	3:58	1	1:10:10	1	1:10:10
Uetliberg	6.20		5:32	55	5:09	159	8:45	23.85	1:44:31	4:22	1	1:44:31	1	1:44:31
Felsenegg	5.90		4:32	23	4:10	92	6:51	29.75	2:11:19	4:24	1	2:11:19	1	2:11:19
Buchlern	14.02		4:30	62	11:27	179	15:28	43.77	3:14:35	4:26	1	3:14:35	1	3:14:35
Hönggerberg	11.10		5:19	225	17:12	451	19:53	54.87	4:13:37	4:37	1	4:13:37	1	4:13:37
Irchel	5.10		4:45	65	5:11	180	7:31	59.97	4:37:54	4:38	1	4:37:54	1	4:37:54
Fluntern	6.34		4:24	22	4:07	86	6:12	66.31	5:05:54	4:36	1	5:05:54	1	5:05:54
Forch	11.30		4:58	101	14:40	265	17:32	77.61	6:02:06	4:39	1	6:02:06	1	6:02:06
Egg	8.75		6:06	396	20:00	687	21:14	86.36	6:55:31	4:48	1	6:55:31	1	6:55:31
Zumikon	12.99		5:47	346	22:08	634	28:17	99.35	8:10:47	4:56	1	8:10:47	1	8:10:47
Witikon	6.91		5:16	345	12:40	620	15:28	106.26	8:47:17	4:57	1	8:47:17	1	8:47:17
Fluntern	4.90		4:31	48	5:20	156	5:52	111.16	9:09:28	4:56	1	9:09:28	1	9:09:28
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Irchel	5.64		4:16	27	3:51	85	5:25	116.80	9:33:32	4:54	21	1:23:20	163	2:41:36