



# 38. SOLA-Stafette

Zürich / 07.05.2011

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acutronic.ch

□□: Alumni  
 □□: 154

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Langsame

□□□: 10:54:06

□□: 10.64 km/h  
 □□□□: 5:36 min/km

□□□□□: 642 (of 790)

□□□□□□: 6:52:28

□□□□□: 348(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:59	351	9:11	620	10:34	4.40	26:23	5:59	1	26:23	1	26:23
Buchlern	13.25		4:17	51	9:19	168	13:49	17.65	1:23:13	4:42	1	1:23:13	1	1:23:13
Uetliberg	6.20		7:05	393	14:48	687	18:24	23.85	2:07:13	5:20	1	2:07:13	1	2:07:13
Felsenegg	5.90		6:04	389	13:15	677	15:56	29.75	2:43:06	5:28	1	2:43:06	1	2:43:06
Buchlern	14.02		5:30	357	25:25	642	29:26	43.77	4:00:20	5:29	1	4:00:20	1	4:00:20
Hönggerberg	11.10		5:46	356	22:16	632	24:57	54.87	5:04:26	5:32	1	5:04:26	1	5:04:26
Irchel	5.10		6:34	410	14:28	709	16:48	59.97	5:38:00	5:38	1	5:38:00	1	5:38:00
Fluntern	6.34		5:44	338	12:32	618	14:37	66.31	6:14:25	5:38	1	6:14:25	1	6:14:25
Forch	11.30		4:55	84	14:03	240	16:55	77.61	7:10:00	5:32	1	7:10:00	1	7:10:00
Egg	8.75		6:19	430	22:00	730	23:14	86.36	8:05:25	5:37	1	8:05:25	1	8:05:25
Zumikon	12.99		5:28	259	18:01	515	24:10	99.35	9:16:34	5:36	1	9:16:34	1	9:16:34
Witikon	6.91		5:47	418	16:13	720	19:01	106.26	9:56:37	5:36	1	9:56:37	1	9:56:37
Fluntern	4.90		6:04	375	12:57	662	13:29	111.16	10:26:25	5:38	1	10:26:25	1	10:26:25
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Irchel	5.64		4:54	157	7:28	342	9:02	116.80	10:54:06	5:36	360	2:43:54	661	4:02:10