



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## AHB-Trotters

□□: Alumni

□□: 157

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:00:41

□□: 11.59 km/h

□□□□: 5:08 min/km

□□□□□: 308 (of 790)

□□□□□□: 6:52:28

□□□□□: 87(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:37	32	3:08	96	4:31	4.40	20:20	4:37	1	20:20	1	20:20
Buchlern	13.25		4:08	25	7:26	107	11:56	17.65	1:15:17	4:15	1	1:15:17	1	1:15:17
Uetliberg	6.20		6:51	352	13:22	639	16:58	23.85	1:57:51	4:56	1	1:57:51	1	1:57:51
Felsenegg	5.90		5:30	248	9:53	482	12:34	29.75	2:30:22	5:03	1	2:30:22	1	2:30:22
Buchlern	14.02		4:57	187	17:44	405	21:45	43.77	3:39:55	5:01	1	3:39:55	1	3:39:55
Hönggerberg	11.10		4:57	122	13:14	282	15:55	54.87	4:34:59	5:00	1	4:34:59	1	4:34:59
Irchel	5.10		5:50	287	10:43	552	13:03	59.97	5:04:48	5:04	1	5:04:48	1	5:04:48
Fluntern	6.34		5:27	285	10:42	538	12:47	66.31	5:39:23	5:07	1	5:39:23	1	5:39:23
Forch	11.30		5:56	384	25:37	680	28:29	77.61	6:46:32	5:14	1	6:46:32	1	6:46:32
Egg	8.75		4:43	36	7:59	129	9:13	86.36	7:27:56	5:11	1	7:27:56	1	7:27:56
Zumikon	12.99		4:57	93	11:17	259	17:26	99.35	8:32:21	5:09	1	8:32:21	1	8:32:21
Witikon	6.91		5:17	348	12:46	625	15:34	106.26	9:08:57	5:09	1	9:08:57	1	9:08:57
Fluntern	4.90		4:56	114	7:20	302	7:52	111.16	9:33:08	5:09	1	9:33:08	1	9:33:08
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:53	151	7:20	332	8:54	116.80	10:00:41	5:08	97	1:50:29	324	3:08:45