



38. SOLA-Stafette

Zürich / 07.05.2011

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ajb!Sports Team 1

□□: Alumni
 □□: 158

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:38:50

□□: 10.89 km/h
 □□□□: 5:28 min/km

□□□□□: 567 (of 790)

□□□□□□: 6:52:28

□□□□□: 279(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:34	234	7:19	467	8:42	4.40	24:31	5:34	1	24:31	1	24:31
Buchlern	13.25		5:23	402	23:55	694	28:25	17.65	1:35:57	5:26	1	1:35:57	1	1:35:57
Uetliberg	6.20		7:07	397	14:57	692	18:33	23.85	2:20:06	5:52	1	2:20:06	1	2:20:06
Felsenegg	5.90		5:53	348	12:09	626	14:50	29.75	2:54:53	5:52	1	2:54:53	1	2:54:53
Buchlern	14.02		5:27	343	24:43	627	28:44	43.77	4:11:25	5:44	1	4:11:25	1	4:11:25
Hönggerberg	11.10		5:03	149	14:19	332	17:00	54.87	5:07:34	5:36	1	5:07:34	1	5:07:34
Irchel	5.10		4:41	57	4:50	161	7:10	59.97	5:31:30	5:31	1	5:31:30	1	5:31:30
Fluntern	6.34		6:18	428	16:07	730	18:12	66.31	6:11:30	5:36	1	6:11:30	1	6:11:30
Forch	11.30		4:26	19	8:34	79	11:26	77.61	7:01:36	5:25	1	7:01:36	1	7:01:36
Egg	8.75		5:39	300	16:07	560	17:21	86.36	7:51:08	5:27	1	7:51:08	1	7:51:08
Zumikon	12.99		5:53	372	23:24	663	29:33	99.35	9:07:40	5:30	1	9:07:40	1	9:07:40
Witikon	6.91		5:18	353	12:54	631	15:42	106.26	9:44:24	5:29	1	9:44:24	1	9:44:24
Fluntern	4.90		5:42	296	11:06	563	11:38	111.16	10:12:21	5:30	1	10:12:21	1	10:12:21
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:41	111	6:16	258	7:50	116.80	10:38:50	5:28	290	2:28:38	585	3:46:54