



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

ajb!Sports Team 2

□□: Alumni
 □□: 159

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:32:16

□□: 11.01 km/h
 □□□□: 5:24 min/km

□□□□□: 523 (of 790)

□□□□□□: 6:52:28

□□□□□: 241(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:33	227	7:15	458	8:38	4.40	24:27	5:33	1	24:27	1	24:27
Buchlern	13.25		4:31	119	12:32	299	17:02	17.65	1:24:30	4:47	1	1:24:30	1	1:24:30
Uetliberg	6.20		5:37	69	5:40	195	9:16	23.85	1:59:22	5:00	1	1:59:22	1	1:59:22
Felsenegg	5.90		5:00	116	6:52	277	9:33	29.75	2:28:52	5:00	1	2:28:52	1	2:28:52
Buchlern	14.02		4:44	114	14:36	277	18:37	43.77	3:35:17	4:55	1	3:35:17	1	3:35:17
Hönggerberg	11.10		5:31	286	19:26	543	22:07	54.87	4:36:33	5:02	1	4:36:33	1	4:36:33
Irchel	5.10		5:50	286	10:42	551	13:02	59.97	5:06:21	5:06	1	5:06:21	1	5:06:21
Fluntern	6.34		5:22	255	10:10	500	12:15	66.31	5:40:24	5:08	1	5:40:24	1	5:40:24
Forch	11.30		6:12	416	28:34	718	31:26	77.61	6:50:30	5:17	1	6:50:30	1	6:50:30
Egg	8.75		5:17	174	12:51	381	14:05	86.36	7:36:46	5:17	1	7:36:46	1	7:36:46
Zumikon	12.99		6:09	413	26:52	717	33:01	99.35	8:56:46	5:24	1	8:56:46	1	8:56:46
Witikon	6.91		5:04	298	11:13	555	14:01	106.26	9:31:49	5:22	1	9:31:49	1	9:31:49
Fluntern	4.90		5:28	234	9:57	486	10:29	111.16	9:58:37	5:23	1	9:58:37	1	9:58:37
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:57	395	13:26	694	15:00	116.80	10:32:16	5:24	252	2:22:04	541	3:40:20