



38. SOLA-Stafette

Zürich / 07.05.2011

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Alles im Butter!

□□: Alumni
 □□: 164

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:46:19

□□: 10.77 km/h
 □□□□: 5:32 min/km

□□□□□: 607 (of 790)

□□□□□□: 6:52:28

□□□□□: 315(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:36	248	7:30	488	8:53	4.40	24:42	5:36	1	24:42	1	24:42
Buchlern	13.25		5:06	336	20:13	614	24:43	17.65	1:32:26	5:14	1	1:32:26	1	1:32:26
Uetliberg	6.20		7:27	422	17:02	723	20:38	23.85	2:18:40	5:48	1	2:18:40	1	2:18:40
Felsenegg	5.90		5:33	266	10:10	508	12:51	29.75	2:51:28	5:45	1	2:51:28	1	2:51:28
Buchlern	14.02		4:53	164	16:47	369	20:48	43.77	4:00:04	5:29	1	4:00:04	1	4:00:04
Hönggerberg	11.10		5:55	387	23:56	671	26:37	54.87	5:05:50	5:34	1	5:05:50	1	5:05:50
Irchel	5.10		5:41	252	9:54	502	12:14	59.97	5:34:50	5:35	1	5:34:50	1	5:34:50
Fluntern	6.34		6:04	395	14:39	691	16:44	66.31	6:13:22	5:37	1	6:13:22	1	6:13:22
Forch	11.30		5:15	196	17:54	409	20:46	77.61	7:12:48	5:34	1	7:12:48	1	7:12:48
Egg	8.75		5:41	310	16:24	575	17:38	86.36	8:02:37	5:35	1	8:02:37	1	8:02:37
Zumikon	12.99		6:25	438	30:17	743	36:26	99.35	9:26:02	5:41	1	9:26:02	1	9:26:02
Witikon	6.91		4:27	113	7:01	273	9:49	106.26	9:56:53	5:37	1	9:56:53	1	9:56:53
Fluntern	4.90		4:53	105	7:09	283	7:41	111.16	10:20:53	5:35	1	10:20:53	1	10:20:53
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:30	64	5:13	165	6:47	116.80	10:46:19	5:32	327	2:36:07	626	3:54:23