



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Alwegroga

□□: Alumni

□□: 166

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:19:07

□□: 11.24 km/h

□□□□: 5:18 min/km

□□□□□: 431 (of 790)

□□□□□□: 6:52:28

□□□□□: 168(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:13	140	5:47	315	7:10	4.40	22:59	5:13	1	22:59	1	22:59
Buchlern	13.25		5:19	389	22:59	678	27:29	17.65	1:33:29	5:17	1	1:33:29	1	1:33:29
Uetliberg	6.20		6:23	259	10:28	500	14:04	23.85	2:13:09	5:34	1	2:13:09	1	2:13:09
Felsenegg	5.90		5:16	180	8:30	385	11:11	29.75	2:44:17	5:31	1	2:44:17	1	2:44:17
Buchlern	14.02		4:41	100	13:55	258	17:56	43.77	3:50:01	5:15	1	3:50:01	1	3:50:01
Hönggerberg	11.10		5:33	297	19:48	554	22:29	54.87	4:51:39	5:18	1	4:51:39	1	4:51:39
Irchel	5.10		5:33	223	9:17	462	11:37	59.97	5:20:02	5:20	1	5:20:02	1	5:20:02
Fluntern	6.34		4:49	74	6:42	206	8:47	66.31	5:50:37	5:17	1	5:50:37	1	5:50:37
Forch	11.30		6:04	398	27:07	698	29:59	77.61	6:59:16	5:24	1	6:59:16	1	6:59:16
Egg	8.75		5:07	126	11:29	308	12:43	86.36	7:44:10	5:22	1	7:44:10	1	7:44:10
Zumikon	12.99		5:39	302	20:18	575	26:27	99.35	8:57:36	5:24	1	8:57:36	1	8:57:36
Witikon	6.91		4:39	160	8:22	361	11:10	106.26	9:29:48	5:21	1	9:29:48	1	9:29:48
Fluntern	4.90		4:46	79	6:33	241	7:05	111.16	9:53:12	5:20	1	9:53:12	1	9:53:12
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Irchel	5.64		4:35	85	5:42	210	7:16	116.80	10:19:07	5:18	179	2:08:55	449	3:27:11