



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ARUD Zürich

□□: Alumni

□□: 171

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:30:13

□□: 10.08 km/h

□□□□: 5:54 min/km

□□□□□: 744 (of 790)

□□□□□□: 6:52:28

□□□□□: 440(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:42	276	7:57	530	9:20	4.40	25:09	5:42	1	25:09	1	25:09
Buchlern	13.25		5:11	360	21:17	642	25:47	17.65	1:33:57	5:19	1	1:33:57	1	1:33:57
Uetliberg	6.20		6:57	369	13:59	660	17:35	23.85	2:17:08	5:44	1	2:17:08	1	2:17:08
Felsenegg	5.90		6:48	450	17:31	758	20:12	29.75	2:57:17	5:57	1	2:57:17	1	2:57:17
Buchlern	14.02		5:49	398	29:54	696	33:55	43.77	4:19:00	5:55	1	4:19:00	1	4:19:00
Hönggerberg	11.10		6:05	414	25:51	704	28:32	54.87	5:26:41	5:57	1	5:26:41	1	5:26:41
Irchel	5.10		7:33	462	19:28	770	21:48	59.97	6:05:15	6:05	1	6:05:15	1	6:05:15
Fluntern	6.34		5:22	258	10:14	505	12:19	66.31	6:39:22	6:01	1	6:39:22	1	6:39:22
Forch	11.30		6:49	458	35:39	770	38:31	77.61	7:56:33	6:08	1	7:56:33	1	7:56:33
Egg	8.75		6:17	422	21:38	722	22:52	86.36	8:51:36	6:09	1	8:51:36	1	8:51:36
Zumikon	12.99		4:48	67	9:14	203	15:23	99.35	9:53:58	5:58	1	9:53:58	1	9:53:58
Witikon	6.91		5:05	302	11:22	560	14:10	106.26	10:29:10	5:55	1	10:29:10	1	10:29:10
Fluntern	4.90		5:44	304	11:19	574	11:51	111.16	10:57:20	5:54	1	10:57:20	1	10:57:20
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Irchel	5.64		5:49	379	12:40	669	14:14	116.80	11:30:13	5:54	452	3:20:01	764	4:38:17