



38. SOLA-Stafette

Zürich / 07.05.2011

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Badertscher RechtsRUNwälte

□□□: 9:58:36

□□: Alumni

□□: 11.63 km/h

□□: 176

□□□□: 5:07 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 287 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 74(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:29	20	2:33	71	3:56	4.40	19:45	4:29	1	19:45	1	19:45
Buchlern	13.25		4:30	108	12:11	276	16:41	17.65	1:19:27	4:30	1	1:19:27	1	1:19:27
Uetliberg	6.20		6:49	343	13:05	626	16:41	23.85	2:01:44	5:06	1	2:01:44	1	2:01:44
Felsenegg	5.90		5:04	135	7:19	308	10:00	29.75	2:31:41	5:05	1	2:31:41	1	2:31:41
Buchlern	14.02		5:16	287	22:09	551	26:10	43.77	3:45:39	5:09	1	3:45:39	1	3:45:39
Hönggerberg	11.10		4:53	110	12:33	260	15:14	54.87	4:40:02	5:06	1	4:40:02	1	4:40:02
Irchel	5.10		5:52	294	10:53	565	13:13	59.97	5:10:01	5:10	1	5:10:01	1	5:10:01
Fluntern	6.34		4:46	65	6:23	184	8:28	66.31	5:40:17	5:07	1	5:40:17	1	5:40:17
Forch	11.30		5:42	324	22:57	603	25:49	77.61	6:44:46	5:12	1	6:44:46	1	6:44:46
Egg	8.75		4:49	53	8:45	165	9:59	86.36	7:26:56	5:10	1	7:26:56	1	7:26:56
Zumikon	12.99		5:32	280	18:54	546	25:03	99.35	8:38:58	5:13	1	8:38:58	1	8:38:58
Witikon	6.91		5:06	308	11:30	568	14:18	106.26	9:14:18	5:12	1	9:14:18	1	9:14:18
Fluntern	4.90		4:26	38	4:56	137	5:28	111.16	9:36:05	5:10	1	9:36:05	1	9:36:05
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Irchel	5.64		3:59	6	2:18	41	3:52	116.80	9:58:36	5:07	84	1:48:24	303	3:06:40