



38. SOLA-Stafette

Zürich / 07.05.2011

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BFM Multi Kulti

□□: Alumni
 □□: 183

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:28:37

□□: 12.24 km/h
 □□□□: 4:52 min/km

□□□□□: 134 (of 790)

□□□□□□: 6:52:28

□□□□□: 10(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:34	24	2:54	82	4:17	4.40	20:06	4:34	1	20:06	1	20:06
Buchlern	13.25		4:29	105	12:01	270	16:31	17.65	1:19:38	4:30	1	1:19:38	1	1:19:38
Uetliberg	6.20		5:59	149	7:58	349	11:34	23.85	1:56:48	4:53	1	1:56:48	1	1:56:48
Felsenegg	5.90		5:25	218	9:23	441	12:04	29.75	2:28:49	5:00	1	2:28:49	1	2:28:49
Buchlern	14.02		4:57	187	17:44	405	21:45	43.77	3:38:22	4:59	1	3:38:22	1	3:38:22
Hönggerberg	11.10		4:38	59	9:41	153	12:22	54.87	4:29:53	4:55	1	4:29:53	1	4:29:53
Irchel	5.10		5:47	273	10:25	533	12:45	59.97	4:59:24	4:59	1	4:59:24	1	4:59:24
Fluntern	6.34		4:54	96	7:13	250	9:18	66.31	5:30:30	4:59	1	5:30:30	1	5:30:30
Forch	11.30		5:37	305	21:58	577	24:50	77.61	6:34:00	5:04	1	6:34:00	1	6:34:00
Egg	8.75		3:49	1	-	5	1:14	86.36	7:07:25	4:56	1	7:07:25	1	7:07:25
Zumikon	12.99		4:28	18	5:01	82	11:10	99.35	8:05:34	4:53	1	8:05:34	1	8:05:34
Witikon	6.91		4:16	67	5:45	179	8:33	106.26	8:35:09	4:50	1	8:35:09	1	8:35:09
Fluntern	4.90		4:49	89	6:49	260	7:21	111.16	8:58:49	4:50	1	8:58:49	1	8:58:49
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Irchel	5.64		5:17	267	9:35	511	11:09	116.80	9:28:37	4:52	14	1:18:25	141	2:36:41