



38. SOLA-Stafette

Zürich / 07.05.2011

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BGM

□□: Alumni

□□: 184

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:40:57

□□: 10.86 km/h

□□□□: 5:29 min/km

□□□□□: 579 (of 790)

□□□□□□: 6:52:28

□□□□□: 289(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:06	376	9:40	655	11:03	4.40	26:52	6:06	1	26:52	1	26:52
Buchlern	13.25		4:21	65	10:09	200	14:39	17.65	1:24:32	4:47	1	1:24:32	1	1:24:32
Uetliberg	6.20		5:49	103	6:52	264	10:28	23.85	2:00:36	5:03	1	2:00:36	1	2:00:36
Felsenegg	5.90		5:54	350	12:13	628	14:54	29.75	2:35:27	5:13	1	2:35:27	1	2:35:27
Buchlern	14.02		5:08	248	20:21	494	24:22	43.77	3:47:37	5:12	1	3:47:37	1	3:47:37
Hönggerberg	11.10		4:52	106	12:22	252	15:03	54.87	4:41:49	5:08	1	4:41:49	1	4:41:49
Irchel	5.10		6:45	431	15:23	731	17:43	59.97	5:16:18	5:16	1	5:16:18	1	5:16:18
Fluntern	6.34		4:58	120	7:42	290	9:47	66.31	5:47:53	5:14	1	5:47:53	1	5:47:53
Forch	11.30		6:41	454	34:06	765	36:58	77.61	7:03:31	5:27	1	7:03:31	1	7:03:31
Egg	8.75		5:03	106	10:47	271	12:01	86.36	7:47:43	5:24	1	7:47:43	1	7:47:43
Zumikon	12.99		5:43	322	21:17	606	27:26	99.35	9:02:08	5:27	1	9:02:08	1	9:02:08
Witikon	6.91		5:03	297	11:06	552	13:54	106.26	9:37:04	5:25	1	9:37:04	1	9:37:04
Fluntern	4.90		7:02	463	17:38	773	18:10	111.16	10:11:33	5:30	1	10:11:33	1	10:11:33
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:12	245	9:11	478	10:45	116.80	10:40:57	5:29	300	2:30:45	597	3:49:01