



38. SOLA-Stafette

Zürich / 07.05.2011

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Bissigi Glüehwürmli

□□: Alumni
 □□: 186

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:02:02

□□: 11.64 km/h
 □□□□: 5:09 min/km

□□□□□: 319 (of 790)

□□□□□□: 6:52:28

□□□□□: 93(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:28	423	11:16	721	12:39	4.40	28:28	6:28	1	28:28	1	28:28
Buchlern	13.25		5:21	396	23:33	688	28:03	17.65	1:39:32	5:38	1	1:39:32	1	1:39:32
Uetliberg	6.20		5:51	112	7:10	281	10:46	23.85	2:15:54	5:41	1	2:15:54	1	2:15:54
Felsenegg	5.90		4:57	111	6:39	264	9:20	29.75	2:45:11	5:33	1	2:45:11	1	2:45:11
Buchlern	14.02		4:20	34	9:05	122	13:06	43.77	3:46:05	5:09	1	3:46:05	1	3:46:05
Hönggerberg	11.10		4:21	24	6:34	65	9:15	54.87	4:34:29	5:00	1	4:34:29	1	4:34:29
Irchel	5.10		5:53	298	10:58	571	13:18	59.97	5:04:33	5:04	1	5:04:33	1	5:04:33
Fluntern	6.34		4:35	40	5:13	128	7:18	66.31	5:33:39	5:01	1	5:33:39	1	5:33:39
Forch	11.30		5:11	171	17:08	374	20:00	77.61	6:32:19	5:03	1	6:32:19	1	6:32:19
Egg	8.75		6:11	409	20:49	703	22:03	86.36	7:26:33	5:10	1	7:26:33	1	7:26:33
Zumikon	12.99		4:56	92	11:10	257	17:19	99.35	8:30:51	5:08	1	8:30:51	1	8:30:51
Witikon	6.91		4:16	63	5:43	172	8:31	106.26	9:00:24	5:05	1	9:00:24	1	9:00:24
Fluntern	4.90		5:11	189	8:37	413	9:09	111.16	9:25:52	5:05	1	9:25:52	1	9:25:52
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Irchel	5.64		6:24	443	15:57	753	17:31	116.80	10:02:02	5:09	102	1:51:50	334	3:10:06