



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Bonnie Prince

□□: Alumni

□□: 187

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:32:30

□□: 10.05 km/h

□□□□: 5:55 min/km

□□□□□: 750 (of 790)

□□□□□□: 6:52:28

□□□□□: 445(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:55	67	4:28	173	5:51	4.40	21:40	4:55	1	21:40	1	21:40
Buchlern	13.25		4:59	300	18:33	563	23:03	17.65	1:27:44	4:58	1	1:27:44	1	1:27:44
Uetliberg	6.20		8:24	461	22:59	770	26:35	23.85	2:19:55	5:51	1	2:19:55	1	2:19:55
Felsenegg	5.90		7:37	471	22:23	784	25:04	29.75	3:04:56	6:12	1	3:04:56	1	3:04:56
Buchlern	14.02		5:43	388	28:29	680	32:30	43.77	4:25:14	6:03	1	4:25:14	1	4:25:14
Hönggerberg	11.10		5:52	371	23:22	653	26:03	54.87	5:30:26	6:01	1	5:30:26	1	5:30:26
Irchel	5.10		6:24	383	13:33	680	15:53	59.97	6:03:05	6:03	1	6:03:05	1	6:03:05
Fluntern	6.34		6:14	421	15:40	723	17:45	66.31	6:42:38	6:04	1	6:42:38	1	6:42:38
Forch	11.30		5:47	347	23:50	632	26:42	77.61	7:48:00	6:01	1	7:48:00	1	7:48:00
Egg	8.75		5:44	321	16:46	593	18:00	86.36	8:38:11	6:00	1	8:38:11	1	8:38:11
Zumikon	12.99		6:00	390	24:59	691	31:08	99.35	9:56:18	6:00	1	9:56:18	1	9:56:18
Witikon	6.91		4:47	217	9:20	446	12:08	106.26	10:29:28	5:55	1	10:29:28	1	10:29:28
Fluntern	4.90		6:19	406	14:08	703	14:40	111.16	11:00:27	5:56	1	11:00:27	1	11:00:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:40	361	11:50	643	13:24	116.80	11:32:30	5:55	457	3:22:18	770	4:40:34