



38. SOLA-Stafette

Zürich / 07.05.2011

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C&S and friends

□□: Alumni

□□: 189

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:54:38

□□: 11.79 km/h

□□□□: 5:05 min/km

□□□□□: 261 (of 790)

□□□□□□: 6:52:28

□□□□□: 58(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:19	9	1:50	43	3:13	4.40	19:02	4:19	1	19:02	1	19:02
Buchlern	13.25		4:54	272	17:37	528	22:07	17.65	1:24:10	4:46	1	1:24:10	1	1:24:10
Uetliberg	6.20		5:25	39	4:27	120	8:03	23.85	1:57:49	4:56	1	1:57:49	1	1:57:49
Felsenegg	5.90		5:03	131	7:10	301	9:51	29.75	2:27:37	4:57	1	2:27:37	1	2:27:37
Buchlern	14.02		5:17	293	22:29	560	26:30	43.77	3:41:55	5:04	1	3:41:55	1	3:41:55
Hönggerberg	11.10		4:32	41	8:34	111	11:15	54.87	4:32:19	4:57	1	4:32:19	1	4:32:19
Irchel	5.10		5:22	182	8:17	394	10:37	59.97	4:59:42	4:59	1	4:59:42	1	4:59:42
Fluntern	6.34		4:26	25	4:18	94	6:23	66.31	5:27:53	4:56	1	5:27:53	1	5:27:53
Forch	11.30		6:08	404	27:49	705	30:41	77.61	6:37:14	5:07	1	6:37:14	1	6:37:14
Egg	8.75		5:05	115	11:08	288	12:22	86.36	7:21:47	5:06	1	7:21:47	1	7:21:47
Zumikon	12.99		5:11	161	14:17	370	20:26	99.35	8:29:12	5:07	1	8:29:12	1	8:29:12
Witikon	6.91		4:19	83	6:02	206	8:50	106.26	8:59:04	5:04	1	8:59:04	1	8:59:04
Fluntern	4.90		4:21	32	4:31	112	5:03	111.16	9:20:26	5:02	1	9:20:26	1	9:20:26
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:03	413	13:59	716	15:33	116.80	9:54:38	5:05	66	1:44:26	275	3:02:42