



38. SOLA-Stafette

Zürich / 07.05.2011

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Capgemini - ber jeden Berg

□□: Alumni
□□: 190

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:25:43

□□: 11.12 km/h
□□□□: 5:21 min/km

□□□□□: 480 (of 790)

□□□□□□: 6:52:28

□□□□□: 206(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:16	152	5:59	332	7:22	4.40	23:11	5:16	1	23:11	1	23:11
Buchlern	13.25		4:29	101	11:54	264	16:24	17.65	1:22:36	4:40	1	1:22:36	1	1:22:36
Uetliberg	6.20		5:37	68	5:38	192	9:14	23.85	1:57:26	4:55	1	1:57:26	1	1:57:26
Felsenegg	5.90		5:21	203	8:56	419	11:37	29.75	2:29:00	5:00	1	2:29:00	1	2:29:00
Buchlern	14.02		5:52	403	30:30	704	34:31	43.77	3:51:19	5:17	1	3:51:19	1	3:51:19
Hönggerberg	11.10		4:48	95	11:29	229	14:10	54.87	4:44:38	5:11	1	4:44:38	1	4:44:38
Irchel	5.10		6:23	382	13:32	679	15:52	59.97	5:17:16	5:17	1	5:17:16	1	5:17:16
Fluntern	6.34		6:07	408	14:54	705	16:59	66.31	5:56:03	5:22	1	5:56:03	1	5:56:03
Forch	11.30		5:43	334	23:09	614	26:01	77.61	7:00:44	5:25	1	7:00:44	1	7:00:44
Egg	8.75		5:42	314	16:28	582	17:42	86.36	7:50:37	5:26	1	7:50:37	1	7:50:37
Zumikon	12.99		5:30	270	18:31	532	24:40	99.35	9:02:16	5:27	1	9:02:16	1	9:02:16
Witikon	6.91		5:09	315	11:46	580	14:34	106.26	9:37:52	5:26	1	9:37:52	1	9:37:52
Fluntern	4.90		4:49	90	6:50	263	7:22	111.16	10:01:33	5:24	1	10:01:33	1	10:01:33
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:17	29	3:57	89	5:31	116.80	10:25:43	5:21	217	2:15:31	498	3:33:47