



38. SOLA-Stafette

Zürich / 07.05.2011

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CHAMPATSCH

□□: Alumni
□□: 191

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:04:55

□□: 11.51 km/h
□□□□: 5:10 min/km

□□□□□: 338 (of 790)

□□□□□□: 6:52:28

□□□□□: 105(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:54	64	4:26	165	5:49	4.40	21:38	4:54	1	21:38	1	21:38
Buchlern	13.25		4:45	198	15:28	423	19:58	17.65	1:24:37	4:47	1	1:24:37	1	1:24:37
Uetliberg	6.20		6:28	283	10:58	534	14:34	23.85	2:04:47	5:13	1	2:04:47	1	2:04:47
Felsenegg	5.90		6:11	408	13:52	700	16:33	29.75	2:41:17	5:25	1	2:41:17	1	2:41:17
Buchlern	14.02		5:29	349	25:13	634	29:14	43.77	3:58:19	5:26	1	3:58:19	1	3:58:19
Hönggerberg	11.10		5:15	202	16:30	419	19:11	54.87	4:56:39	5:24	1	4:56:39	1	4:56:39
Irchel	5.10		5:06	126	6:59	298	9:19	59.97	5:22:44	5:22	1	5:22:44	1	5:22:44
Fluntern	6.34		4:45	61	6:18	177	8:23	66.31	5:52:55	5:19	1	5:52:55	1	5:52:55
Forch	11.30		5:14	186	17:38	396	20:30	77.61	6:52:05	5:18	1	6:52:05	1	6:52:05
Egg	8.75		5:02	102	10:44	266	11:58	86.36	7:36:14	5:16	1	7:36:14	1	7:36:14
Zumikon	12.99		5:49	350	22:27	639	28:36	99.35	8:51:49	5:21	1	8:51:49	1	8:51:49
Witikon	6.91		3:53	17	3:05	56	5:53	106.26	9:18:44	5:15	1	9:18:44	1	9:18:44
Fluntern	4.90		4:31	47	5:18	155	5:50	111.16	9:40:53	5:13	1	9:40:53	1	9:40:53
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:15	24	3:49	80	5:23	116.80	10:04:55	5:10	114	1:54:43	353	3:12:59