



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

cordon bleu

□□: Alumni
□□: 194

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:52:58

□□: 10.66 km/h
□□□□: 5:35 min/km

□□□□□: 638 (of 790)

□□□□□□: 6:52:28

□□□□□: 344(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:47	299	8:18	560	9:41	4.40	25:30	5:47	1	25:30	1	25:30
Buchlern	13.25		4:44	195	15:19	417	19:49	17.65	1:28:20	5:00	1	1:28:20	1	1:28:20
Uetliberg	6.20		6:30	290	11:07	544	14:43	23.85	2:08:39	5:23	1	2:08:39	1	2:08:39
Felsenegg	5.90		4:52	87	6:08	216	8:49	29.75	2:37:25	5:17	1	2:37:25	1	2:37:25
Buchlern	14.02		4:35	77	12:39	213	16:40	43.77	3:41:53	5:04	1	3:41:53	1	3:41:53
Hönggerberg	11.10		9:09	474	59:47	786	1:02:28	54.87	5:23:30	5:53	1	5:23:30	1	5:23:30
Irchel	5.10		4:58	102	6:18	256	8:38	59.97	5:48:54	5:49	1	5:48:54	1	5:48:54
Fluntern	6.34		5:14	207	9:22	435	11:27	66.31	6:22:09	5:45	1	6:22:09	1	6:22:09
Forch	11.30		5:30	282	20:47	537	23:39	77.61	7:24:28	5:43	1	7:24:28	1	7:24:28
Egg	8.75		5:57	371	18:40	651	19:54	86.36	8:16:33	5:44	1	8:16:33	1	8:16:33
Zumikon	12.99		5:31	272	18:35	534	24:44	99.35	9:28:16	5:43	1	9:28:16	1	9:28:16
Witikon	6.91		4:17	69	5:46	181	8:34	106.26	9:57:52	5:37	1	9:57:52	1	9:57:52
Fluntern	4.90		5:28	235	9:59	487	10:31	111.16	10:24:42	5:37	1	10:24:42	1	10:24:42
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:00	194	8:03	394	9:37	116.80	10:52:58	5:35	356	2:42:46	657	4:01:02