



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Crucivicts

□□: Alumni

□□: 196

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:28:05

□□: 11.08 km/h

□□□□: 5:22 min/km

□□□□□: 496 (of 790)

□□□□□□: 6:52:28

□□□□□: 219(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:34	239	7:22	474	8:45	4.40	24:34	5:34	1	24:34	1	24:34
Buchlern	13.25		4:52	255	17:03	503	21:33	17.65	1:29:08	5:03	1	1:29:08	1	1:29:08
Uetliberg	6.20		6:24	267	10:33	508	14:09	23.85	2:08:53	5:24	1	2:08:53	1	2:08:53
Felsenegg	5.90		5:32	255	10:02	492	12:43	29.75	2:41:33	5:25	1	2:41:33	1	2:41:33
Buchlern	14.02		5:25	335	24:16	615	28:17	43.77	3:57:38	5:25	1	3:57:38	1	3:57:38
Hönggerberg	11.10		5:48	363	22:40	641	25:21	54.87	5:02:08	5:30	1	5:02:08	1	5:02:08
Irchel	5.10		3:58	5	1:09	25	3:29	59.97	5:22:23	5:22	1	5:22:23	1	5:22:23
Fluntern	6.34		5:46	345	12:44	628	14:49	66.31	5:59:00	5:24	1	5:59:00	1	5:59:00
Forch	11.30		6:39	451	33:42	762	36:34	77.61	7:14:14	5:35	1	7:14:14	1	7:14:14
Egg	8.75		5:28	241	14:30	481	15:44	86.36	8:02:09	5:34	1	8:02:09	1	8:02:09
Zumikon	12.99		4:43	50	8:21	174	14:30	99.35	9:03:38	5:28	1	9:03:38	1	9:03:38
Witikon	6.91		3:48	8	2:26	42	5:14	106.26	9:29:54	5:21	1	9:29:54	1	9:29:54
Fluntern	4.90		5:29	244	10:06	498	10:38	111.16	9:56:51	5:22	1	9:56:51	1	9:56:51
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Irchel	5.64		5:32	331	11:01	601	12:35	116.80	10:28:05	5:22	230	2:17:53	514	3:36:09