



38. SOLA-Stafette

Zürich / 07.05.2011

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Die Halbstarcken

□□: Alumni
 □□: 203

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:19:13

□□: 11.32 km/h
 □□□□: 5:18 min/km

□□□□□: 433 (of 790)

□□□□□□: 6:52:28

□□□□□: 170(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:58	75	4:40	195	6:03	4.40	21:52	4:58	1	21:52	1	21:52
Buchlern	13.25		5:11	360	21:17	642	25:47	17.65	1:30:40	5:08	1	1:30:40	1	1:30:40
Uetliberg	6.20		4:42	1	-	12	3:36	23.85	1:59:52	5:01	1	1:59:52	1	1:59:52
Felsenegg	5.90		5:47	326	11:35	590	14:16	29.75	2:34:05	5:10	1	2:34:05	1	2:34:05
Buchlern	14.02		5:56	414	31:23	718	35:24	43.77	3:57:17	5:25	1	3:57:17	1	3:57:17
Hönggerberg	11.10		5:16	214	16:48	435	19:29	54.87	4:55:55	5:23	1	4:55:55	1	4:55:55
Irchel	5.10		5:41	254	9:57	505	12:17	59.97	5:24:58	5:25	1	5:24:58	1	5:24:58
Fluntern	6.34		5:23	265	10:19	516	12:24	66.31	5:59:10	5:24	1	5:59:10	1	5:59:10
Forch	11.30		5:01	113	15:11	284	18:03	77.61	6:55:53	5:21	1	6:55:53	1	6:55:53
Egg	8.75		6:13	414	21:00	709	22:14	86.36	7:50:18	5:26	1	7:50:18	1	7:50:18
Zumikon	12.99		4:50	72	9:42	216	15:51	99.35	8:53:08	5:21	1	8:53:08	1	8:53:08
Witikon	6.91		4:03	34	4:14	100	7:02	106.26	9:21:12	5:16	1	9:21:12	1	9:21:12
Fluntern	4.90		5:25	226	9:44	475	10:16	111.16	9:47:47	5:17	1	9:47:47	1	9:47:47
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Irchel	5.64		5:34	339	11:13	613	12:47	116.80	10:19:13	5:18	181	2:09:01	451	3:27:17