



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## die Rhenntaler

□□: Alumni

□□: 205

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:33:09

□□: 11.07 km/h

□□□□: 5:25 min/km

□□□□□: 532 (of 790)

□□□□□□: 6:52:28

□□□□□: 250(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:27	15	2:24	62	3:47	4.40	19:36	4:27	1	19:36	1	19:36
Buchlern	13.25		4:47	226	16:04	463	20:34	17.65	1:23:11	4:42	1	1:23:11	1	1:23:11
Uetliberg	6.20		5:14	24	3:17	82	6:53	23.85	1:55:40	4:50	1	1:55:40	1	1:55:40
Felsenegg	5.90		7:09	459	19:34	769	22:15	29.75	2:37:52	5:18	1	2:37:52	1	2:37:52
Buchlern	14.02		5:10	260	20:45	509	24:46	43.77	3:50:26	5:15	1	3:50:26	1	3:50:26
Hönggerberg	11.10		5:43	341	21:46	615	24:27	54.87	4:54:02	5:21	1	4:54:02	1	4:54:02
Irchel	5.10		7:04	449	16:59	752	19:19	59.97	5:30:07	5:30	1	5:30:07	1	5:30:07
Fluntern	6.34		5:45	344	12:39	627	14:44	66.31	6:06:39	5:31	1	6:06:39	1	6:06:39
Forch	11.30		5:52	367	24:46	658	27:38	77.61	7:12:57	5:34	1	7:12:57	1	7:12:57
Egg	8.75		5:10	134	11:51	321	13:05	86.36	7:58:13	5:32	1	7:58:13	1	7:58:13
Zumikon	12.99		4:51	74	9:53	222	16:02	99.35	9:01:14	5:26	1	9:01:14	1	9:01:14
Witikon	6.91		5:06	309	11:31	569	14:19	106.26	9:36:35	5:25	1	9:36:35	1	9:36:35
Fluntern	4.90		5:00	139	7:43	341	8:15	111.16	10:01:09	5:24	1	10:01:09	1	10:01:09
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:40	357	11:47	639	13:21	116.80	10:33:09	5:25	261	2:22:57	550	3:41:13