



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Dudes on Fire

□□: Alumni  
 □□: 209

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Langsame

□□□: 10:46:12

□□: 10.77 km/h  
 □□□□: 5:31 min/km

□□□□□: 606 (of 790)

□□□□□□: 6:52:28

□□□□□: 314(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:58	345	9:05	613	10:28	4.40	26:17	5:58	1	26:17	1	26:17
Buchlern	13.25		4:55	277	17:43	533	22:13	17.65	1:31:31	5:11	1	1:31:31	1	1:31:31
Uetliberg	6.20		5:59	147	7:54	344	11:30	23.85	2:08:37	5:23	1	2:08:37	1	2:08:37
Felsenegg	5.90		6:20	419	14:46	714	17:27	29.75	2:46:01	5:34	1	2:46:01	1	2:46:01
Buchlern	14.02		5:47	396	29:25	689	33:26	43.77	4:07:15	5:38	1	4:07:15	1	4:07:15
Hönggerberg	11.10		5:28	270	19:01	519	21:42	54.87	5:08:06	5:36	1	5:08:06	1	5:08:06
Irchel	5.10		5:11	143	7:22	324	9:42	59.97	5:34:34	5:34	1	5:34:34	1	5:34:34
Fluntern	6.34		5:10	175	8:53	388	10:58	66.31	6:07:20	5:32	1	6:07:20	1	6:07:20
Forch	11.30		5:38	310	22:08	583	25:00	77.61	7:11:00	5:33	1	7:11:00	1	7:11:00
Egg	8.75		5:54	363	18:15	643	19:29	86.36	8:02:40	5:35	1	8:02:40	1	8:02:40
Zumikon	12.99		5:38	301	20:15	574	26:24	99.35	9:16:03	5:35	1	9:16:03	1	9:16:03
Witikon	6.91		4:51	233	9:42	469	12:30	106.26	9:49:35	5:32	1	9:49:35	1	9:49:35
Fluntern	4.90		4:13	19	3:50	77	4:22	111.16	10:10:16	5:29	1	10:10:16	1	10:10:16
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Irchel	5.64		6:22	441	15:43	750	17:17	116.80	10:46:12	5:31	326	2:36:00	625	3:54:16