



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## Eat my Dust

□□: Alumni

□□: 210

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:27:10

□□: 11.10 km/h

□□□□: 5:22 min/km

□□□□□: 490 (of 790)

□□□□□□: 6:52:28

□□□□□: 215(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	138	5:45	313	7:08	4.40	22:57	5:12	1	22:57	1	22:57
Buchlern	13.25		5:26	411	24:37	705	29:07	17.65	1:35:05	5:23	1	1:35:05	1	1:35:05
Uetliberg	6.20		5:15	25	3:23	85	6:59	23.85	2:07:40	5:21	1	2:07:40	1	2:07:40
Felsenegg	5.90		4:45	64	5:28	167	8:09	29.75	2:35:46	5:14	1	2:35:46	1	2:35:46
Buchlern	14.02		5:23	324	23:49	600	27:50	43.77	3:51:24	5:17	1	3:51:24	1	3:51:24
Hönggerberg	11.10		4:33	45	8:45	119	11:26	54.87	4:41:59	5:08	1	4:41:59	1	4:41:59
Irchel	5.10		6:21	377	13:20	671	15:40	59.97	5:14:25	5:14	1	5:14:25	1	5:14:25
Fluntern	6.34		6:47	464	19:13	771	21:18	66.31	5:57:31	5:23	1	5:57:31	1	5:57:31
Forch	11.30		5:47	350	23:54	636	26:46	77.61	7:02:57	5:26	1	7:02:57	1	7:02:57
Egg	8.75		5:34	276	15:25	527	16:39	86.36	7:51:47	5:27	1	7:51:47	1	7:51:47
Zumikon	12.99		5:15	185	15:13	408	21:22	99.35	9:00:08	5:26	1	9:00:08	1	9:00:08
Witikon	6.91		4:52	240	9:54	477	12:42	106.26	9:33:52	5:24	1	9:33:52	1	9:33:52
Fluntern	4.90		5:12	191	8:39	417	9:11	111.16	9:59:22	5:23	1	9:59:22	1	9:59:22
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:55	161	7:35	350	9:09	116.80	10:27:10	5:22	226	2:16:58	508	3:35:14