



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

ein gutes Dutzend

□□: Alumni
□□: 211

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:55:40

□□: 11.68 km/h
□□□□: 5:05 min/km

□□□□□: 271 (of 790)

□□□□□□: 6:52:28

□□□□□: 64(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:18	157	6:08	339	7:31	4.40	23:20	5:18	1	23:20	1	23:20
Buchlern	13.25		4:38	155	14:02	361	18:32	17.65	1:24:53	4:48	1	1:24:53	1	1:24:53
Uetliberg	6.20		5:27	42	4:38	129	8:14	23.85	1:58:43	4:58	1	1:58:43	1	1:58:43
Felsenegg	5.90		5:13	167	8:12	364	10:53	29.75	2:29:33	5:01	1	2:29:33	1	2:29:33
Buchlern	14.02		5:30	355	25:21	640	29:22	43.77	3:46:43	5:10	1	3:46:43	1	3:46:43
Hönggerberg	11.10		4:57	121	13:13	281	15:54	54.87	4:41:46	5:08	1	4:41:46	1	4:41:46
Irchel	5.10		4:51	79	5:39	209	7:59	59.97	5:06:31	5:06	1	5:06:31	1	5:06:31
Fluntern	6.34		5:29	297	10:56	557	13:01	66.31	5:41:20	5:08	1	5:41:20	1	5:41:20
Forch	11.30		5:06	147	16:16	338	19:08	77.61	6:39:08	5:08	1	6:39:08	1	6:39:08
Egg	8.75		4:56	76	9:52	213	11:06	86.36	7:22:25	5:07	1	7:22:25	1	7:22:25
Zumikon	12.99		5:07	137	13:26	338	19:35	99.35	8:28:59	5:07	1	8:28:59	1	8:28:59
Witikon	6.91		4:40	168	8:28	371	11:16	106.26	9:01:17	5:05	1	9:01:17	1	9:01:17
Fluntern	4.90		6:00	364	12:37	649	13:09	111.16	9:30:45	5:08	1	9:30:45	1	9:30:45
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:25	47	4:42	128	6:16	116.80	9:55:40	5:05	72	1:45:28	285	3:03:44