



# 38. SOLA-Stafette

Zürich / 07.05.2011

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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

□□□□

□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□     | □□□  | □□ | □□      | □□  | □□      | □□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|----|---------|-----|---------|----|
| 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 |    |