



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Eis go...

□□: Alumni

□□: 212

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:32:05

□□: 11.01 km/h

□□□□: 5:24 min/km

□□□□□: 520 (of 790)

□□□□□□: 6:52:28

□□□□□: 238(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		5:18	158	6:09	340	7:32	4.40	23:21	5:18	1	23:21	1	23:21	
Buchlern	13.25		5:12	363	21:29	647	25:59	17.65	1:32:21	5:13	1	1:32:21	1	1:32:21	
Uetliberg	6.20		5:55	127	7:32	309	11:08	23.85	2:09:05	5:24	1	2:09:05	1	2:09:05	
Felsenegg	5.90		5:16	177	8:28	380	11:09	29.75	2:40:11	5:23	1	2:40:11	1	2:40:11	
Buchlern	14.02		5:07	242	20:03	484	24:04	43.77	3:52:03	5:18	1	3:52:03	1	3:52:03	
Hönggerberg	11.10		5:29	273	19:10	525	21:51	54.87	4:53:03	5:20	1	4:53:03	1	4:53:03	
Irchel	5.10		7:37	465	19:45	774	22:05	59.97	5:31:54	5:32	1	5:31:54	1	5:31:54	
Fluntern	6.34		5:29	292	10:53	549	12:58	66.31	6:06:40	5:31	1	6:06:40	1	6:06:40	
Forch	11.30		5:04	131	15:46	312	18:38	77.61	7:03:58	5:27	1	7:03:58	1	7:03:58	
Egg	8.75		5:40	304	16:14	566	17:28	86.36	7:53:37	5:29	1	7:53:37	1	7:53:37	
Zumikon	12.99		5:35	289	19:25	558	25:34	99.35	9:06:10	5:29	1	9:06:10	1	9:06:10	
Witikon	6.91		4:59	279	10:42	530	13:30	106.26	9:40:42	5:27	1	9:40:42	1	9:40:42	
Fluntern	4.90		5:40	288	10:58	554	11:30	111.16	10:08:31	5:28	1	10:08:31	1	10:08:31	
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-	
Irchel	5.64		4:10	17	3:21	62	4:55	116.80	10:32:05	5:24	249	2:21:53	538	3:40:09	