



38. SOLA-Stafette

Zürich / 07.05.2011

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Evil Toros

□□: Alumni

□□: 218

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:48:45

□□: 10.73 km/h

□□□□: 5:33 min/km

□□□□□: 618 (of 790)

□□□□□□: 6:52:28

□□□□□: 324(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:14	144	5:51	322	7:14	4.40	23:03	5:14	1	23:03	1	23:03
Buchlern	13.25		4:21	66	10:13	202	14:43	17.65	1:20:47	4:34	1	1:20:47	1	1:20:47
Uetliberg	6.20		6:32	297	11:20	559	14:56	23.85	2:01:19	5:05	1	2:01:19	1	2:01:19
Felsenegg	5.90		5:52	344	12:03	619	14:44	29.75	2:36:00	5:14	1	2:36:00	1	2:36:00
Buchlern	14.02		4:48	137	15:41	311	19:42	43.77	3:43:30	5:06	1	3:43:30	1	3:43:30
Hönggerberg	11.10		6:02	405	25:18	694	27:59	54.87	4:50:38	5:17	1	4:50:38	1	4:50:38
Irchel	5.10		6:00	326	11:33	605	13:53	59.97	5:21:17	5:21	1	5:21:17	1	5:21:17
Fluntern	6.34		7:30	474	23:42	783	25:47	66.31	6:08:52	5:33	1	6:08:52	1	6:08:52
Forch	11.30		4:54	82	13:58	235	16:50	77.61	7:04:22	5:28	1	7:04:22	1	7:04:22
Egg	8.75		5:26	228	14:15	468	15:29	86.36	7:52:02	5:27	1	7:52:02	1	7:52:02
Zumikon	12.99		5:16	192	15:24	415	21:33	99.35	9:00:34	5:26	1	9:00:34	1	9:00:34
Witikon	6.91		6:58	468	24:21	779	27:09	106.26	9:48:45	5:32	1	9:48:45	1	9:48:45
Fluntern	4.90		6:29	424	14:56	727	15:28	111.16	10:20:32	5:34	1	10:20:32	1	10:20:32
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:00	187	8:00	386	9:34	116.80	10:48:45	5:33	336	2:38:33	637	3:56:49