



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Free University of Kastanienbaum

□□□: 10:22:18

□□: Alumni

□□: 11.26 km/h

□□: 225

□□□□: 5:19 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 452 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 183(of 477)

Langsame

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:55 | 330 | 8:53 | 595 | 10:16 | 4.40 | 26:05 | 5:55 | 1 | 26:05 | 1 | 26:05 |
| Buchlern | 13.25 | | 4:42 | 184 | 14:47 | 403 | 19:17 | 17.65 | 1:28:23 | 5:00 | 1 | 1:28:23 | 1 | 1:28:23 |
| Uetliberg | 6.20 | | 5:46 | 101 | 6:36 | 254 | 10:12 | 23.85 | 2:04:11 | 5:12 | 1 | 2:04:11 | 1 | 2:04:11 |
| Felsenegg | 5.90 | | 5:45 | 315 | 11:18 | 574 | 13:59 | 29.75 | 2:38:07 | 5:18 | 1 | 2:38:07 | 1 | 2:38:07 |
| Buchlern | 14.02 | | 5:00 | 205 | 18:21 | 432 | 22:22 | 43.77 | 3:48:17 | 5:12 | 1 | 3:48:17 | 1 | 3:48:17 |
| Hönggerberg | 11.10 | | 5:28 | 266 | 18:59 | 515 | 21:40 | 54.87 | 4:49:06 | 5:16 | 1 | 4:49:06 | 1 | 4:49:06 |
| Irchel | 5.10 | | 5:24 | 191 | 8:28 | 410 | 10:48 | 59.97 | 5:16:40 | 5:16 | 1 | 5:16:40 | 1 | 5:16:40 |
| Fluntern | 6.34 | | 4:49 | 74 | 6:42 | 206 | 8:47 | 66.31 | 5:47:15 | 5:14 | 1 | 5:47:15 | 1 | 5:47:15 |
| Forch | 11.30 | | 5:42 | 325 | 22:59 | 604 | 25:51 | 77.61 | 6:51:46 | 5:18 | 1 | 6:51:46 | 1 | 6:51:46 |
| Egg | 8.75 | | 5:30 | 256 | 14:48 | 497 | 16:02 | 86.36 | 7:39:59 | 5:19 | 1 | 7:39:59 | 1 | 7:39:59 |
| Zumikon | 12.99 | | 5:34 | 285 | 19:16 | 554 | 25:25 | 99.35 | 8:52:23 | 5:21 | 1 | 8:52:23 | 1 | 8:52:23 |
| Witikon | 6.91 | | 5:14 | 331 | 12:22 | 602 | 15:10 | 106.26 | 9:28:35 | 5:21 | 1 | 9:28:35 | 1 | 9:28:35 |
| Fluntern | 4.90 | | 5:06 | 160 | 8:09 | 378 | 8:41 | 111.16 | 9:53:35 | 5:20 | 1 | 9:53:35 | 1 | 9:53:35 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:05 | 208 | 8:30 | 420 | 10:04 | 116.80 | 10:22:18 | 5:19 | 194 | 2:12:06 | 470 | 3:30:22 |