



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

gemeinSAM

□□: Alumni

□□: 226

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:02:04

□□: 11.56 km/h

□□□□: 5:09 min/km

□□□□□: 320 (of 790)

□□□□□□: 6:52:28

□□□□□: 94(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 6:01 | 357 | 9:19 | 630 | 10:42 | 4.40 | 26:31 | 6:01 | 1 | 26:31 | 1 | 26:31 |
| Buchlern | 13.25 | | 4:00 | 14 | 5:35 | 71 | 10:05 | 17.65 | 1:19:37 | 4:30 | 1 | 1:19:37 | 1 | 1:19:37 |
| Uetliberg | 6.20 | | 6:02 | 164 | 8:13 | 365 | 11:49 | 23.85 | 1:57:02 | 4:54 | 1 | 1:57:02 | 1 | 1:57:02 |
| Felsenegg | 5.90 | | 5:45 | 315 | 11:18 | 574 | 13:59 | 29.75 | 2:30:58 | 5:04 | 1 | 2:30:58 | 1 | 2:30:58 |
| Buchlern | 14.02 | | 4:54 | 172 | 17:04 | 380 | 21:05 | 43.77 | 3:39:51 | 5:01 | 1 | 3:39:51 | 1 | 3:39:51 |
| Hönggerberg | 11.10 | | 4:29 | 36 | 8:01 | 99 | 10:42 | 54.87 | 4:29:42 | 4:54 | 1 | 4:29:42 | 1 | 4:29:42 |
| Irchel | 5.10 | | 5:48 | 279 | 10:31 | 541 | 12:51 | 59.97 | 4:59:19 | 4:59 | 1 | 4:59:19 | 1 | 4:59:19 |
| Fluntern | 6.34 | | 5:28 | 290 | 10:50 | 544 | 12:55 | 66.31 | 5:34:02 | 5:02 | 1 | 5:34:02 | 1 | 5:34:02 |
| Forch | 11.30 | | 6:09 | 409 | 28:00 | 710 | 30:52 | 77.61 | 6:43:34 | 5:11 | 1 | 6:43:34 | 1 | 6:43:34 |
| Egg | 8.75 | | 5:34 | 274 | 15:24 | 525 | 16:38 | 86.36 | 7:32:23 | 5:14 | 1 | 7:32:23 | 1 | 7:32:23 |
| Zumikon | 12.99 | | 4:59 | 102 | 11:44 | 278 | 17:53 | 99.35 | 8:37:15 | 5:12 | 1 | 8:37:15 | 1 | 8:37:15 |
| Witikon | 6.91 | | 4:41 | 174 | 8:33 | 381 | 11:21 | 106.26 | 9:09:38 | 5:10 | 1 | 9:09:38 | 1 | 9:09:38 |
| Fluntern | 4.90 | | 4:32 | 50 | 5:24 | 163 | 5:56 | 111.16 | 9:31:53 | 5:08 | 1 | 9:31:53 | 1 | 9:31:53 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 5:21 | 287 | 9:58 | 539 | 11:32 | 116.80 | 10:02:04 | 5:09 | 104 | 1:51:52 | 336 | 3:10:08 |