



38. SOLA-Stafette

Zürich / 07.05.2011

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greenTEG - efficiency enabled

□□: Alumni

□□: 229

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:13:03

□□: 11.35 km/h

□□□□: 5:14 min/km

□□□□□: 390 (of 790)

□□□□□□: 6:52:28

□□□□□: 139(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:03	365	9:27	640	10:50	4.40	26:39	6:03	1	26:39	1	26:39
Buchlern	13.25		4:56	287	17:55	544	22:25	17.65	1:32:05	5:13	1	1:32:05	1	1:32:05
Uetliberg	6.20		5:20	29	3:58	103	7:34	23.85	2:05:15	5:15	1	2:05:15	1	2:05:15
Felsenegg	5.90		5:14	169	8:19	369	11:00	29.75	2:36:12	5:15	1	2:36:12	1	2:36:12
Buchlern	14.02		4:19	32	8:44	117	12:45	43.77	3:36:45	4:57	1	3:36:45	1	3:36:45
Hönggerberg	11.10		5:07	171	15:05	370	17:46	54.87	4:33:40	4:59	1	4:33:40	1	4:33:40
Irchel	5.10		6:00	324	11:31	603	13:51	59.97	5:04:17	5:04	1	5:04:17	1	5:04:17
Fluntern	6.34		4:53	94	7:09	245	9:14	66.31	5:35:19	5:03	1	5:35:19	1	5:35:19
Forch	11.30		5:36	304	21:56	576	24:48	77.61	6:38:47	5:08	1	6:38:47	1	6:38:47
Egg	8.75		5:54	363	18:15	643	19:29	86.36	7:30:27	5:12	1	7:30:27	1	7:30:27
Zumikon	12.99		5:09	153	13:47	357	19:56	99.35	8:37:22	5:12	1	8:37:22	1	8:37:22
Witikon	6.91		4:59	276	10:39	526	13:27	106.26	9:11:51	5:11	1	9:11:51	1	9:11:51
Fluntern	4.90		7:00	462	17:29	772	18:01	111.16	9:46:11	5:16	1	9:46:11	1	9:46:11
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Irchel	5.64		4:45	122	6:39	277	8:13	116.80	10:13:03	5:14	150	2:02:51	407	3:21:07