



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## günisprinter

□□: Alumni

□□: 230

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:24:31

□□: 10.17 km/h

□□□□: 5:51 min/km

□□□□□: 738 (of 790)

□□□□□□: 6:52:28

□□□□□: 435(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:46	290	8:13	550	9:36	4.40	25:25	5:46	1	25:25	1	25:25
Buchlern	13.25		6:11	467	34:26	776	38:56	17.65	1:47:22	6:04	1	1:47:22	1	1:47:22
Uetliberg	6.20		7:01	379	14:20	670	17:56	23.85	2:30:54	6:19	1	2:30:54	1	2:30:54
Felsenegg	5.90		4:54	96	6:19	242	9:00	29.75	2:59:51	6:02	1	2:59:51	1	2:59:51
Buchlern	14.02		6:13	449	35:29	756	39:30	43.77	4:27:09	6:06	1	4:27:09	1	4:27:09
Hönggerberg	11.10		5:41	332	21:23	603	24:04	54.87	5:30:22	6:01	1	5:30:22	1	5:30:22
Irchel	5.10		6:15	363	12:50	653	15:10	59.97	6:02:18	6:02	1	6:02:18	1	6:02:18
Fluntern	6.34		5:40	328	12:08	606	14:13	66.31	6:38:19	6:00	1	6:38:19	1	6:38:19
Forch	11.30		6:48	457	35:21	768	38:13	77.61	7:55:12	6:07	1	7:55:12	1	7:55:12
Egg	8.75		5:36	290	15:40	543	16:54	86.36	8:44:17	6:04	1	8:44:17	1	8:44:17
Zumikon	12.99		5:29	266	18:15	525	24:24	99.35	9:55:40	5:59	1	9:55:40	1	9:55:40
Witikon	6.91		4:16	63	5:43	172	8:31	106.26	10:25:13	5:53	1	10:25:13	1	10:25:13
Fluntern	4.90		6:08	384	13:17	673	13:49	111.16	10:55:21	5:53	1	10:55:21	1	10:55:21
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Irchel	5.64		5:10	230	8:57	461	10:31	116.80	11:24:31	5:51	447	3:14:19	758	4:32:35