



38. SOLA-Stafette

Zürich / 07.05.2011

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Gungis

□□: Alumni
□□: 231

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:22:41

□□: 11.18 km/h
□□□□: 5:19 min/km

□□□□□: 456 (of 790)

□□□□□□: 6:52:28

□□□□□: 187(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:27	17	2:27	64	3:50	4.40	19:39	4:27	1	19:39	1	19:39
Buchlern	13.25		4:37	145	13:40	347	18:10	17.65	1:20:50	4:34	1	1:20:50	1	1:20:50
Uetliberg	6.20		5:40	78	5:58	212	9:34	23.85	1:56:00	4:51	1	1:56:00	1	1:56:00
Felsenegg	5.90		5:27	230	9:36	457	12:17	29.75	2:28:14	4:58	1	2:28:14	1	2:28:14
Buchlern	14.02		4:57	185	17:36	399	21:37	43.77	3:37:39	4:58	1	3:37:39	1	3:37:39
Hönggerberg	11.10		5:18	222	17:06	447	19:47	54.87	4:36:35	5:02	1	4:36:35	1	4:36:35
Irchel	5.10		5:33	223	9:17	462	11:37	59.97	5:04:58	5:05	1	5:04:58	1	5:04:58
Fluntern	6.34		5:14	203	9:19	431	11:24	66.31	5:38:10	5:05	1	5:38:10	1	5:38:10
Forch	11.30		5:34	294	21:25	561	24:17	77.61	6:41:07	5:10	1	6:41:07	1	6:41:07
Egg	8.75		4:44	37	8:02	132	9:16	86.36	7:22:34	5:07	1	7:22:34	1	7:22:34
Zumikon	12.99		6:13	424	27:48	728	33:57	99.35	8:43:30	5:16	1	8:43:30	1	8:43:30
Witikon	6.91		4:43	188	8:48	403	11:36	106.26	9:16:08	5:14	1	9:16:08	1	9:16:08
Fluntern	4.90		6:55	458	17:03	766	17:35	111.16	9:50:02	5:18	1	9:50:02	1	9:50:02
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Irchel	5.64		5:47	375	12:26	663	14:00	116.80	10:22:41	5:19	198	2:12:29	474	3:30:45