



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

here 4 beer

□□: Alumni

□□: 233

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:30:27

□□: 11.12 km/h

□□□□: 5:23 min/km

□□□□□: 509 (of 790)

□□□□□□: 6:52:28

□□□□□: 230(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:17	401	10:27	690	11:50	4.40	27:39	6:17	1	27:39	1	27:39
Buchlern	13.25		5:15	371	22:05	657	26:35	17.65	1:37:15	5:30	1	1:37:15	1	1:37:15
Uetliberg	6.20		6:35	306	11:39	570	15:15	23.85	2:18:06	5:47	1	2:18:06	1	2:18:06
Felsenegg	5.90		4:55	104	6:28	255	9:09	29.75	2:47:12	5:37	1	2:47:12	1	2:47:12
Buchlern	14.02		5:03	227	19:04	460	23:05	43.77	3:58:05	5:26	1	3:58:05	1	3:58:05
Hönggerberg	11.10		5:04	157	14:33	346	17:14	54.87	4:54:28	5:21	1	4:54:28	1	4:54:28
Irchel	5.10		6:32	401	14:14	699	16:34	59.97	5:27:48	5:27	1	5:27:48	1	5:27:48
Fluntern	6.34		4:31	36	4:48	117	6:53	66.31	5:56:29	5:22	1	5:56:29	1	5:56:29
Forch	11.30		5:00	108	15:01	277	17:53	77.61	6:53:02	5:19	1	6:53:02	1	6:53:02
Egg	8.75		5:12	144	12:11	335	13:25	86.36	7:38:38	5:18	1	7:38:38	1	7:38:38
Zumikon	12.99		5:37	297	19:53	568	26:02	99.35	8:51:39	5:21	1	8:51:39	1	8:51:39
Witikon	6.91		4:22	91	6:21	227	9:09	106.26	9:21:50	5:17	1	9:21:50	1	9:21:50
Fluntern	4.90		7:47	475	21:21	787	21:53	111.16	10:00:02	5:23	1	10:00:02	1	10:00:02
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Irchel	5.64		5:23	299	10:12	554	11:46	116.80	10:30:27	5:23	241	2:20:15	527	3:38:31