



38. SOLA-Stafette

Zürich / 07.05.2011

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Hänggerspätlese

□□: Alumni

□□: 237

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:38:58

□□: 10.89 km/h

□□□□: 5:28 min/km

□□□□□: 568 (of 790)

□□□□□□: 6:52:28

□□□□□: 280(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:57	73	4:36	189	5:59	4.40	21:48	4:57	1	21:48	1	21:48
Buchlern	13.25		4:33	126	12:47	315	17:17	17.65	1:22:06	4:39	1	1:22:06	1	1:22:06
Uetliberg	6.20		6:45	333	12:43	610	16:19	23.85	2:04:01	5:11	1	2:04:01	1	2:04:01
Felsenegg	5.90		4:35	31	4:28	105	7:09	29.75	2:31:07	5:04	1	2:31:07	1	2:31:07
Buchlern	14.02		4:48	139	15:42	313	19:43	43.77	3:38:38	4:59	1	3:38:38	1	3:38:38
Hönggerberg	11.10		6:04	409	25:36	698	28:17	54.87	4:46:04	5:12	1	4:46:04	1	4:46:04
Irchel	5.10		4:07	11	1:58	44	4:18	59.97	5:07:08	5:07	1	5:07:08	1	5:07:08
Fluntern	6.34		6:33	452	17:41	757	19:46	66.31	5:48:42	5:15	1	5:48:42	1	5:48:42
Forch	11.30		6:06	402	27:35	703	30:27	77.61	6:57:49	5:23	1	6:57:49	1	6:57:49
Egg	8.75		5:18	190	13:05	401	14:19	86.36	7:44:19	5:22	1	7:44:19	1	7:44:19
Zumikon	12.99		6:18	430	28:52	734	35:01	99.35	9:06:19	5:29	1	9:06:19	1	9:06:19
Witikon	6.91		4:45	198	9:04	421	11:52	106.26	9:39:13	5:27	1	9:39:13	1	9:39:13
Fluntern	4.90		5:28	237	10:00	489	10:32	111.16	10:06:04	5:27	1	10:06:04	1	10:06:04
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Irchel	5.64		5:49	381	12:41	671	14:15	116.80	10:38:58	5:28	291	2:28:46	586	3:47:02