



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## IG Risotto

□□: Alumni

□□: 238

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:17:25

□□: 11.35 km/h

□□□□: 5:17 min/km

□□□□□: 417 (of 790)

□□□□□□: 6:52:28

□□□□□: 157(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:42	276	7:57	530	9:20	4.40	25:09	5:42	1	25:09	1	25:09
Buchlern	13.25		5:09	350	20:46	630	25:16	17.65	1:33:26	5:17	1	1:33:26	1	1:33:26
Uetliberg	6.20		5:41	82	6:05	221	9:41	23.85	2:08:43	5:23	1	2:08:43	1	2:08:43
Felsenegg	5.90		5:18	188	8:41	395	11:22	29.75	2:40:02	5:22	1	2:40:02	1	2:40:02
Buchlern	14.02		4:24	45	10:03	145	14:04	43.77	3:41:54	5:04	1	3:41:54	1	3:41:54
Hönggerberg	11.10		5:52	370	23:21	652	26:02	54.87	4:47:05	5:13	1	4:47:05	1	4:47:05
Irchel	5.10		6:27	393	13:48	691	16:08	59.97	5:19:59	5:20	1	5:19:59	1	5:19:59
Fluntern	6.34		6:06	407	14:52	703	16:57	66.31	5:58:44	5:24	1	5:58:44	1	5:58:44
Forch	11.30		5:27	260	20:04	505	22:56	77.61	7:00:20	5:24	1	7:00:20	1	7:00:20
Egg	8.75		5:13	151	12:21	346	13:35	86.36	7:46:06	5:23	1	7:46:06	1	7:46:06
Zumikon	12.99		5:00	106	11:54	285	18:03	99.35	8:51:08	5:20	1	8:51:08	1	8:51:08
Witikon	6.91		3:57	21	3:30	71	6:18	106.26	9:18:28	5:15	1	9:18:28	1	9:18:28
Fluntern	4.90		6:30	426	15:03	730	15:35	111.16	9:50:22	5:18	1	9:50:22	1	9:50:22
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Irchel	5.64		4:47	129	6:50	290	8:24	116.80	10:17:25	5:17	168	2:07:13	434	3:25:29