



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Iggdrasil

□□: Alumni

□□: 239

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:51:29

□□: 10.68 km/h

□□□□: 5:34 min/km

□□□□□: 634 (of 790)

□□□□□□: 6:52:28

□□□□□: 340(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:41	271	7:52	525	9:15	4.40	25:04	5:41	1	25:04	1	25:04
Buchlern	13.25		5:28	417	25:06	713	29:36	17.65	1:37:41	5:32	1	1:37:41	1	1:37:41
Uetliberg	6.20		5:36	66	5:34	187	9:10	23.85	2:12:27	5:33	1	2:12:27	1	2:12:27
Felsenegg	5.90		5:39	296	10:46	548	13:27	29.75	2:45:51	5:34	1	2:45:51	1	2:45:51
Buchlern	14.02		5:44	392	28:41	684	32:42	43.77	4:06:21	5:37	1	4:06:21	1	4:06:21
Hönggerberg	11.10		5:12	193	16:00	404	18:41	54.87	5:04:11	5:32	1	5:04:11	1	5:04:11
Irchel	5.10		4:52	85	5:45	217	8:05	59.97	5:29:02	5:29	1	5:29:02	1	5:29:02
Fluntern	6.34		5:13	198	9:14	424	11:19	66.31	6:02:09	5:27	1	6:02:09	1	6:02:09
Forch	11.30		5:57	387	25:44	683	28:36	77.61	7:09:25	5:31	1	7:09:25	1	7:09:25
Egg	8.75		5:39	302	16:09	564	17:23	86.36	7:58:59	5:32	1	7:58:59	1	7:58:59
Zumikon	12.99		6:01	392	25:03	693	31:12	99.35	9:17:10	5:36	1	9:17:10	1	9:17:10
Witikon	6.91		6:05	445	18:17	750	21:05	106.26	9:59:17	5:38	1	9:59:17	1	9:59:17
Fluntern	4.90		5:36	275	10:39	534	11:11	111.16	10:26:47	5:38	1	10:26:47	1	10:26:47
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:22	40	4:29	112	6:03	116.80	10:51:29	5:34	352	2:41:17	653	3:59:33