



# 38. SOLA-Stafette

Zürich / 07.05.2011

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JJs

□□: Alumni  
 □□: 241

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Langsame

□□□: 11:30:39

□□: 10.08 km/h  
 □□□□: 5:54 min/km

□□□□□: 745 (of 790)

□□□□□□: 6:52:28

□□□□□: 441(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	166	6:15	353	7:38	4.40	23:27	5:19	1	23:27	1	23:27
Buchlern	13.25		4:46	215	15:46	445	20:16	17.65	1:26:44	4:54	1	1:26:44	1	1:26:44
Uetliberg	6.20		6:23	258	10:26	498	14:02	23.85	2:06:22	5:17	1	2:06:22	1	2:06:22
Felsenegg	5.90		4:42	51	5:06	144	7:47	29.75	2:34:06	5:10	1	2:34:06	1	2:34:06
Buchlern	14.02		5:58	420	31:56	724	35:57	43.77	3:57:51	5:26	1	3:57:51	1	3:57:51
Hönggerberg	11.10		5:18	224	17:08	450	19:49	54.87	4:56:49	5:24	1	4:56:49	1	4:56:49
Irchel	5.10		5:24	191	8:28	410	10:48	59.97	5:24:23	5:24	1	5:24:23	1	5:24:23
Fluntern	6.34		4:36	41	5:17	129	7:22	66.31	5:53:33	5:19	1	5:53:33	1	5:53:33
Forch	11.30		5:31	286	20:59	544	23:51	77.61	6:56:04	5:21	1	6:56:04	1	6:56:04
Egg	8.75		9:15	472	47:34	784	48:48	86.36	8:17:03	5:45	1	8:17:03	1	8:17:03
Zumikon	12.99		7:07	466	39:27	778	45:36	99.35	9:49:38	5:56	1	9:49:38	1	9:49:38
Witikon	6.91		5:28	386	13:57	672	16:45	106.26	10:27:25	5:54	1	10:27:25	1	10:27:25
Fluntern	4.90		4:07	11	3:22	60	3:54	111.16	10:47:38	5:49	1	10:47:38	1	10:47:38
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Irchel	5.64		7:37	473	22:48	786	24:22	116.80	11:30:39	5:54	453	3:20:27	765	4:38:43