



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Kaki Lima

□□: Alumni

□□: 242

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:58:57

□□: 10.56 km/h

□□□□: 5:38 min/km

□□□□□: 667 (of 790)

□□□□□□: 6:52:28

□□□□□: 371(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:38	256	7:36	501	8:59	4.40	24:48	5:38	1	24:48	1	24:48
Buchlern	13.25		5:28	416	25:04	712	29:34	17.65	1:37:23	5:31	1	1:37:23	1	1:37:23
Uetliberg	6.20		7:06	394	14:51	688	18:27	23.85	2:21:26	5:55	1	2:21:26	1	2:21:26
Felsenegg	5.90		5:29	243	9:48	474	12:29	29.75	2:53:52	5:50	1	2:53:52	1	2:53:52
Buchlern	14.02		5:20	305	23:06	574	27:07	43.77	4:08:47	5:41	1	4:08:47	1	4:08:47
Hönggerberg	11.10		5:10	178	15:32	383	18:13	54.87	5:06:09	5:34	1	5:06:09	1	5:06:09
Irchel	5.10		5:36	230	9:28	474	11:48	59.97	5:34:43	5:34	1	5:34:43	1	5:34:43
Fluntern	6.34		5:14	203	9:19	431	11:24	66.31	6:07:55	5:32	1	6:07:55	1	6:07:55
Forch	11.30		5:56	385	25:38	681	28:30	77.61	7:15:05	5:36	1	7:15:05	1	7:15:05
Egg	8.75		5:29	246	14:34	487	15:48	86.36	8:03:04	5:35	1	8:03:04	1	8:03:04
Zumikon	12.99		6:33	446	32:02	752	38:11	99.35	9:28:14	5:43	1	9:28:14	1	9:28:14
Witikon	6.91		4:41	173	8:32	379	11:20	106.26	10:00:36	5:39	1	10:00:36	1	10:00:36
Fluntern	4.90		5:38	285	10:49	547	11:21	111.16	10:28:16	5:39	1	10:28:16	1	10:28:16
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Irchel	5.64		5:26	311	10:28	569	12:02	116.80	10:58:57	5:38	383	2:48:45	686	4:07:01