



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Kanti Küsnacht

□□: Alumni

□□: 244

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:06:44

□□: 10.44 km/h

□□□□: 5:42 min/km

□□□□□: 700 (of 790)

□□□□□□: 6:52:28

□□□□□: 399(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:05	372	9:35	649	10:58	4.40	26:47	6:05	1	26:47	1	26:47
Buchlern	13.25		4:46	207	15:40	436	20:10	17.65	1:29:58	5:05	1	1:29:58	1	1:29:58
Uetliberg	6.20		7:40	438	18:24	740	22:00	23.85	2:17:34	5:46	1	2:17:34	1	2:17:34
Felsenegg	5.90		5:46	323	11:26	586	14:07	29.75	2:51:38	5:46	1	2:51:38	1	2:51:38
Buchlern	14.02		5:42	385	28:08	677	32:09	43.77	4:11:35	5:44	1	4:11:35	1	4:11:35
Hönggerberg	11.10		4:49	96	11:39	236	14:20	54.87	5:05:04	5:33	1	5:05:04	1	5:05:04
Irchel	5.10		4:57	99	6:13	251	8:33	59.97	5:30:23	5:30	1	5:30:23	1	5:30:23
Fluntern	6.34		6:52	467	19:41	775	21:46	66.31	6:13:57	5:38	1	6:13:57	1	6:13:57
Forch	11.30		6:51	461	35:55	774	38:47	77.61	7:31:24	5:48	1	7:31:24	1	7:31:24
Egg	8.75		5:14	153	12:27	353	13:41	86.36	8:17:16	5:45	1	8:17:16	1	8:17:16
Zumikon	12.99		5:09	155	13:58	360	20:07	99.35	9:24:22	5:40	1	9:24:22	1	9:24:22
Witikon	6.91		5:15	338	12:30	609	15:18	106.26	10:00:42	5:39	1	10:00:42	1	10:00:42
Fluntern	4.90		6:31	429	15:09	733	15:41	111.16	10:32:42	5:41	1	10:32:42	1	10:32:42
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Irchel	5.64		6:02	409	13:49	711	15:23	116.80	11:06:44	5:42	410	2:56:32	719	4:14:48