



38. SOLA-Stafette

Zürich / 07.05.2011

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kick ass

□□: Alumni

□□: 245

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 8:43:10

□□: 13.30 km/h

□□□□: 4:28 min/km

□□□□□: 40 (of 790)

□□□□□□: 6:52:28

□□□□□: 1(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:56	2	0:10	10	1:33	4.40	17:22	3:56	1	17:22	1	17:22
Buchlern	13.25		4:05	22	6:48	98	11:18	17.65	1:11:41	4:03	1	1:11:41	1	1:11:41
Uetliberg	6.20		5:11	19	2:59	71	6:35	23.85	1:43:52	4:21	1	1:43:52	1	1:43:52
Felsenegg	5.90		4:41	49	5:03	139	7:44	29.75	2:11:33	4:25	1	2:11:33	1	2:11:33
Buchlern	14.02		4:18	31	8:33	114	12:34	43.77	3:11:55	4:23	1	3:11:55	1	3:11:55
Hönggerberg	11.10		4:01	3	2:49	20	5:30	54.87	3:56:34	4:18	1	3:56:34	1	3:56:34
Irchel	5.10		4:02	7	1:29	32	3:49	59.97	4:17:09	4:17	1	4:17:09	1	4:17:09
Fluntern	6.34		4:52	86	6:59	230	9:04	66.31	4:48:01	4:20	1	4:48:01	1	4:48:01
Forch	11.30		4:04	3	4:34	23	7:26	77.61	5:34:07	4:18	1	5:34:07	1	5:34:07
Egg	8.75		4:57	78	9:57	216	11:11	86.36	6:17:29	4:22	1	6:17:29	1	6:17:29
Zumikon	12.99		4:45	59	8:41	187	14:50	99.35	7:19:18	4:25	1	7:19:18	1	7:19:18
Witikon	6.91		3:27	2	0:06	17	2:54	106.26	7:43:14	4:21	1	7:43:14	1	7:43:14
Fluntern	4.90		5:26	230	9:50	480	10:22	111.16	8:09:55	4:24	1	8:09:55	1	8:09:55
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Irchel	5.64		5:53	386	13:02	681	14:36	116.80	8:43:10	4:28	4	32:58	44	1:51:14