



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

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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| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| 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   |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16 | -       | -    | -       | -       | -         | -         |
| 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   |