



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

krassmedial

□□: Alumni

□□: 247

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:32:52

□□: 11.00 km/h

□□□□: 5:25 min/km

□□□□□: 528 (of 790)

□□□□□□: 6:52:28

□□□□□: 246(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:57	338	9:00	606	10:23	4.40	26:12	5:57	1	26:12	1	26:12
Buchlern	13.25		4:19	58	9:53	188	14:23	17.65	1:23:36	4:44	1	1:23:36	1	1:23:36
Uetliberg	6.20		5:25	37	4:26	118	8:02	23.85	1:57:14	4:54	1	1:57:14	1	1:57:14
Felsenegg	5.90		5:32	255	10:02	492	12:43	29.75	2:29:54	5:02	1	2:29:54	1	2:29:54
Buchlern	14.02		5:09	252	20:36	499	24:37	43.77	3:42:19	5:04	1	3:42:19	1	3:42:19
Hönggerberg	11.10		4:33	45	8:45	119	11:26	54.87	4:32:54	4:58	1	4:32:54	1	4:32:54
Irchel	5.10		6:00	328	11:35	607	13:55	59.97	5:03:35	5:03	1	5:03:35	1	5:03:35
Fluntern	6.34		6:38	455	18:12	761	20:17	66.31	5:45:40	5:12	1	5:45:40	1	5:45:40
Forch	11.30		5:09	156	16:43	353	19:35	77.61	6:43:55	5:12	1	6:43:55	1	6:43:55
Egg	8.75		6:18	424	21:49	724	23:03	86.36	7:39:09	5:19	1	7:39:09	1	7:39:09
Zumikon	12.99		6:05	400	25:57	702	32:06	99.35	8:58:14	5:25	1	8:58:14	1	8:58:14
Witikon	6.91		5:10	318	11:56	586	14:44	106.26	9:34:00	5:24	1	9:34:00	1	9:34:00
Fluntern	4.90		5:28	239	10:01	492	10:33	111.16	10:00:52	5:24	1	10:00:52	1	10:00:52
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:40	357	11:47	639	13:21	116.80	10:32:52	5:25	257	2:22:40	546	3:40:56