



38. SOLA-Stafette

Zürich / 07.05.2011

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KSB

□□: Alumni
□□: 248

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:53:22

□□: 10.65 km/h
□□□□: 5:35 min/km

□□□□□: 640 (of 790)

□□□□□□: 6:52:28

□□□□□: 347(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:46	286	8:11	545	9:34	4.40	25:23	5:46	1	25:23	1	25:23
Buchlern	13.25		4:55	275	17:41	531	22:11	17.65	1:30:35	5:07	1	1:30:35	1	1:30:35
Uetliberg	6.20		7:04	386	14:39	679	18:15	23.85	2:14:26	5:38	1	2:14:26	1	2:14:26
Felsenegg	5.90		5:51	337	11:57	609	14:38	29.75	2:49:01	5:40	1	2:49:01	1	2:49:01
Buchlern	14.02		4:09	15	6:31	69	10:32	43.77	3:47:21	5:11	1	3:47:21	1	3:47:21
Hönggerberg	11.10		5:33	301	19:54	559	22:35	54.87	4:49:05	5:16	1	4:49:05	1	4:49:05
Irchel	5.10		5:27	203	8:46	429	11:06	59.97	5:16:57	5:17	1	5:16:57	1	5:16:57
Fluntern	6.34		4:38	46	5:31	138	7:36	66.31	5:46:21	5:13	1	5:46:21	1	5:46:21
Forch	11.30		8:43	474	57:06	787	59:58	77.61	7:24:59	5:44	1	7:24:59	1	7:24:59
Egg	8.75		5:50	351	17:41	629	18:55	86.36	8:16:05	5:44	1	8:16:05	1	8:16:05
Zumikon	12.99		5:45	332	21:37	617	27:46	99.35	9:30:50	5:44	1	9:30:50	1	9:30:50
Witikon	6.91		4:17	69	5:46	181	8:34	106.26	10:00:26	5:39	1	10:00:26	1	10:00:26
Fluntern	4.90		5:06	162	8:10	380	8:42	111.16	10:25:27	5:37	1	10:25:27	1	10:25:27
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Irchel	5.64		4:56	172	7:42	364	9:16	116.80	10:53:22	5:35	358	2:43:10	659	4:01:26