



38. SOLA-Stafette

Zürich / 07.05.2011

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Las Lindornas

□□: Alumni
□□: 251

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:59:23

□□: 11.61 km/h
□□□□: 5:07 min/km

□□□□□: 295 (of 790)

□□□□□□: 6:52:28

□□□□□: 79(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:54	62	4:25	163	5:48	4.40	21:37	4:54	1	21:37	1	21:37
Buchlern	13.25		4:39	158	14:07	366	18:37	17.65	1:23:15	4:43	1	1:23:15	1	1:23:15
Uetliberg	6.20		5:41	81	6:04	220	9:40	23.85	1:58:31	4:58	1	1:58:31	1	1:58:31
Felsenegg	5.90		4:56	109	6:33	262	9:14	29.75	2:27:42	4:57	1	2:27:42	1	2:27:42
Buchlern	14.02		4:43	108	14:20	269	18:21	43.77	3:33:51	4:53	1	3:33:51	1	3:33:51
Hönggerberg	11.10		5:31	284	19:25	540	22:06	54.87	4:35:06	5:00	1	4:35:06	1	4:35:06
Irchel	5.10		5:59	321	11:26	598	13:46	59.97	5:05:38	5:05	1	5:05:38	1	5:05:38
Fluntern	6.34		6:13	419	15:36	721	17:41	66.31	5:45:07	5:12	1	5:45:07	1	5:45:07
Forch	11.30		4:53	77	13:41	223	16:33	77.61	6:40:20	5:09	1	6:40:20	1	6:40:20
Egg	8.75		5:30	252	14:43	493	15:57	86.36	7:28:28	5:11	1	7:28:28	1	7:28:28
Zumikon	12.99		5:07	136	13:23	336	19:32	99.35	8:34:59	5:11	1	8:34:59	1	8:34:59
Witikon	6.91		4:16	67	5:45	179	8:33	106.26	9:04:34	5:07	1	9:04:34	1	9:04:34
Fluntern	4.90		5:58	352	12:24	635	12:56	111.16	9:33:49	5:09	1	9:33:49	1	9:33:49
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Irchel	5.64		4:31	68	5:21	175	6:55	116.80	9:59:23	5:07	89	1:49:11	311	3:07:27