



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## LC Kafirahm unschlagbar

□□: Alumni

□□: 252

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:29:05

□□: 12.23 km/h

□□□□: 4:52 min/km

□□□□□: 135 (of 790)

□□□□□□: 6:52:28

□□□□□: 11(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	138	5:45	313	7:08	4.40	22:57	5:12	1	22:57	1	22:57
Buchlern	13.25		4:39	156	14:06	363	18:36	17.65	1:24:34	4:47	1	1:24:34	1	1:24:34
Uetliberg	6.20		6:05	178	8:37	388	12:13	23.85	2:02:23	5:07	1	2:02:23	1	2:02:23
Felsenegg	5.90		4:59	115	6:51	276	9:32	29.75	2:31:52	5:06	1	2:31:52	1	2:31:52
Buchlern	14.02		4:03	6	5:04	45	9:05	43.77	3:28:45	4:46	1	3:28:45	1	3:28:45
Hönggerberg	11.10		5:06	168	14:57	366	17:38	54.87	4:25:32	4:50	1	4:25:32	1	4:25:32
Irchel	5.10		5:08	132	7:08	306	9:28	59.97	4:51:46	4:51	1	4:51:46	1	4:51:46
Fluntern	6.34		5:23	263	10:17	512	12:22	66.31	5:25:56	4:54	1	5:25:56	1	5:25:56
Forch	11.30		4:45	53	12:16	174	15:08	77.61	6:19:44	4:53	1	6:19:44	1	6:19:44
Egg	8.75		4:43	33	7:56	125	9:10	86.36	7:01:05	4:52	1	7:01:05	1	7:01:05
Zumikon	12.99		4:35	32	6:31	123	12:40	99.35	8:00:44	4:50	1	8:00:44	1	8:00:44
Witikon	6.91		4:21	89	6:18	223	9:06	106.26	8:30:52	4:48	1	8:30:52	1	8:30:52
Fluntern	4.90		5:40	289	10:59	555	11:31	111.16	8:58:42	4:50	1	8:58:42	1	8:58:42
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:23	295	10:10	549	11:44	116.80	9:29:05	4:52	16	1:18:53	143	2:37:09