



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Les Flèches

□□: Alumni

□□: 255

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:15:00

□□: 11.32 km/h

□□□□: 5:15 min/km

□□□□□: 404 (of 790)

□□□□□□: 6:52:28

□□□□□: 148(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:03	89	5:02	229	6:25	4.40	22:14	5:03	1	22:14	1	22:14
Buchlern	13.25		4:49	232	16:20	472	20:50	17.65	1:26:05	4:52	1	1:26:05	1	1:26:05
Uetliberg	6.20		6:19	243	10:03	479	13:39	23.85	2:05:20	5:15	1	2:05:20	1	2:05:20
Felsenegg	5.90		5:10	153	7:56	342	10:37	29.75	2:35:54	5:14	1	2:35:54	1	2:35:54
Buchlern	14.02		4:40	93	13:40	247	17:41	43.77	3:41:23	5:03	1	3:41:23	1	3:41:23
Hönggerberg	11.10		4:12	11	4:54	40	7:35	54.87	4:28:07	4:53	1	4:28:07	1	4:28:07
Irchel	5.10		5:47	275	10:27	536	12:47	59.97	4:57:40	4:57	1	4:57:40	1	4:57:40
Fluntern	6.34		5:42	332	12:21	612	14:26	66.31	5:33:54	5:02	1	5:33:54	1	5:33:54
Forch	11.30		5:30	276	20:42	531	23:34	77.61	6:36:08	5:06	1	6:36:08	1	6:36:08
Egg	8.75		5:59	378	19:04	663	20:18	86.36	7:28:37	5:11	1	7:28:37	1	7:28:37
Zumikon	12.99		5:42	318	21:05	598	27:14	99.35	8:42:50	5:15	1	8:42:50	1	8:42:50
Witikon	6.91		5:17	348	12:46	625	15:34	106.26	9:19:26	5:15	1	9:19:26	1	9:19:26
Fluntern	4.90		5:01	140	7:44	342	8:16	111.16	9:44:01	5:15	1	9:44:01	1	9:44:01
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Irchel	5.64		5:29	320	10:46	586	12:20	116.80	10:15:00	5:15	159	2:04:48	421	3:23:04