



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## Lex Specialis

□□: Alumni

□□: 256

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:43:06

□□: 10.82 km/h

□□□□: 5:30 min/km

□□□□□: 590 (of 790)

□□□□□□: 6:52:28

□□□□□: 300(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:25	467	15:27	778	16:50	4.40	32:39	7:25	1	32:39	1	32:39
Buchlern	13.25		5:08	344	20:32	623	25:02	17.65	1:40:42	5:42	1	1:40:42	1	1:40:42
Uetliberg	6.20		5:53	121	7:20	296	10:56	23.85	2:17:14	5:45	1	2:17:14	1	2:17:14
Felsenegg	5.90		7:25	469	21:08	781	23:49	29.75	3:01:00	6:05	1	3:01:00	1	3:01:00
Buchlern	14.02		5:25	333	24:09	612	28:10	43.77	4:16:58	5:52	1	4:16:58	1	4:16:58
Hönggerberg	11.10		4:18	17	5:56	54	8:37	54.87	5:04:44	5:33	1	5:04:44	1	5:04:44
Irchel	5.10		5:09	137	7:14	313	9:34	59.97	5:31:04	5:31	1	5:31:04	1	5:31:04
Fluntern	6.34		4:59	125	7:47	299	9:52	66.31	6:02:44	5:28	1	6:02:44	1	6:02:44
Forch	11.30		6:12	415	28:32	717	31:24	77.61	7:12:48	5:34	1	7:12:48	1	7:12:48
Egg	8.75		5:02	100	10:42	263	11:56	86.36	7:56:55	5:31	1	7:56:55	1	7:56:55
Zumikon	12.99		5:07	142	13:29	344	19:38	99.35	9:03:32	5:28	1	9:03:32	1	9:03:32
Witikon	6.91		5:09	316	11:50	582	14:38	106.26	9:39:12	5:27	1	9:39:12	1	9:39:12
Fluntern	4.90		5:48	321	11:38	594	12:10	111.16	10:07:41	5:28	1	10:07:41	1	10:07:41
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:16	434	15:12	743	16:46	116.80	10:43:06	5:30	312	2:32:54	609	3:51:10