



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Luser

□□: Alumni

□□: 260

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:34:01

□□: 10.03 km/h

□□□□: 5:56 min/km

□□□□□: 752 (of 790)

□□□□□□: 6:52:28

□□□□□: 447(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:46	291	8:14	552	9:37	4.40	25:26	5:46	1	25:26	1	25:26
Buchlern	13.25		4:43	191	15:09	413	19:39	17.65	1:28:06	4:59	1	1:28:06	1	1:28:06
Uetliberg	6.20		6:47	339	12:54	618	16:30	23.85	2:10:12	5:27	1	2:10:12	1	2:10:12
Felsenegg	5.90		6:37	437	16:26	743	19:07	29.75	2:49:16	5:41	1	2:49:16	1	2:49:16
Buchlern	14.02		5:38	372	27:11	662	31:12	43.77	4:08:16	5:40	1	4:08:16	1	4:08:16
Hönggerberg	11.10		6:58	461	35:30	771	38:11	54.87	5:25:36	5:56	1	5:25:36	1	5:25:36
Irchel	5.10		4:41	59	4:52	165	7:12	59.97	5:49:34	5:49	1	5:49:34	1	5:49:34
Fluntern	6.34		5:08	166	8:43	375	10:48	66.31	6:22:10	5:45	1	6:22:10	1	6:22:10
Forch	11.30		6:36	448	33:10	758	36:02	77.61	7:36:52	5:53	1	7:36:52	1	7:36:52
Egg	8.75		8:19	469	39:28	781	40:42	86.36	8:49:45	6:08	1	8:49:45	1	8:49:45
Zumikon	12.99		5:27	252	17:48	507	23:57	99.35	10:00:41	6:02	1	10:00:41	1	10:00:41
Witikon	6.91		5:31	396	14:18	688	17:06	106.26	10:38:49	6:00	1	10:38:49	1	10:38:49
Fluntern	4.90		5:15	197	8:53	432	9:25	111.16	11:04:33	5:58	1	11:04:33	1	11:04:33
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Irchel	5.64		5:13	249	9:15	483	10:49	116.80	11:34:01	5:56	459	3:23:49	772	4:42:05