



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## Magnüm

□□: Alumni

□□: 264

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:28:39

□□: 11.15 km/h

□□□□: 5:22 min/km

□□□□□: 502 (of 790)

□□□□□□: 6:52:28

□□□□□: 224(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	221	7:07	450	8:30	4.40	24:19	5:31	1	24:19	1	24:19
Buchlern	13.25		4:23	74	10:37	215	15:07	17.65	1:22:27	4:40	1	1:22:27	1	1:22:27
Uetliberg	6.20		6:10	203	9:05	426	12:41	23.85	2:00:44	5:03	1	2:00:44	1	2:00:44
Felsenegg	5.90		5:52	346	12:04	621	14:45	29.75	2:35:26	5:13	1	2:35:26	1	2:35:26
Buchlern	14.02		4:45	126	14:57	292	18:58	43.77	3:42:12	5:04	1	3:42:12	1	3:42:12
Hönggerberg	11.10		6:07	417	26:14	708	28:55	54.87	4:50:16	5:17	1	4:50:16	1	4:50:16
Irchel	5.10		6:14	359	12:43	649	15:03	59.97	5:22:05	5:22	1	5:22:05	1	5:22:05
Fluntern	6.34		5:17	229	9:42	470	11:47	66.31	5:55:40	5:21	1	5:55:40	1	5:55:40
Forch	11.30		6:03	397	26:52	696	29:44	77.61	7:04:04	5:27	1	7:04:04	1	7:04:04
Egg	8.75		4:47	45	8:28	152	9:42	86.36	7:45:57	5:23	1	7:45:57	1	7:45:57
Zumikon	12.99		6:06	403	26:12	705	32:21	99.35	9:05:17	5:29	1	9:05:17	1	9:05:17
Witikon	6.91		5:02	294	11:00	548	13:48	106.26	9:40:07	5:27	1	9:40:07	1	9:40:07
Fluntern	4.90		4:51	96	6:56	271	7:28	111.16	10:03:54	5:25	1	10:03:54	1	10:03:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:23	44	4:32	118	6:06	116.80	10:28:39	5:22	235	2:18:27	520	3:36:43