



38. SOLA-Stafette

Zürich / 07.05.2011

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Mens agitat molem

□□: Alumni
□□: 267

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:37:02

□□: 10.93 km/h
□□□□: 5:27 min/km

□□□□□: 556 (of 790)

□□□□□□: 6:52:28

□□□□□: 268(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:14	462	14:39	773	16:02	4.40	31:51	7:14	1	31:51	1	31:51
Buchlern	13.25		5:33	431	26:11	729	30:41	17.65	1:45:33	5:58	1	1:45:33	1	1:45:33
Uetliberg	6.20		6:33	300	11:26	563	15:02	23.85	2:26:11	6:07	1	2:26:11	1	2:26:11
Felsenegg	5.90		4:37	34	4:41	115	7:22	29.75	2:53:30	5:49	1	2:53:30	1	2:53:30
Buchlern	14.02		4:45	125	14:56	291	18:57	43.77	4:00:15	5:29	1	4:00:15	1	4:00:15
Hönggerberg	11.10		5:06	165	14:48	361	17:29	54.87	4:56:53	5:24	1	4:56:53	1	4:56:53
Irchel	5.10		5:13	151	7:33	336	9:53	59.97	5:23:32	5:23	1	5:23:32	1	5:23:32
Fluntern	6.34		5:20	246	10:01	490	12:06	66.31	5:57:26	5:23	1	5:57:26	1	5:57:26
Forch	11.30		6:08	406	27:56	707	30:48	77.61	7:06:54	5:30	1	7:06:54	1	7:06:54
Egg	8.75		5:40	303	16:11	565	17:25	86.36	7:56:30	5:31	1	7:56:30	1	7:56:30
Zumikon	12.99		5:57	381	24:19	679	30:28	99.35	9:13:57	5:34	1	9:13:57	1	9:13:57
Witikon	6.91		4:09	46	4:54	131	7:42	106.26	9:42:41	5:29	1	9:42:41	1	9:42:41
Fluntern	4.90		5:23	221	9:33	470	10:05	111.16	10:09:05	5:28	1	10:09:05	1	10:09:05
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Irchel	5.64		4:57	173	7:44	365	9:18	116.80	10:37:02	5:27	279	2:26:50	574	3:45:06