



38. SOLA-Stafette

Zürich / 07.05.2011

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Mission Control Track Rebels

□□: Alumni

□□: 271

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:35:14

□□: 12.10 km/h

□□□□: 4:55 min/km

□□□□□: 159 (of 790)

□□□□□□: 6:52:28

□□□□□: 18(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:49	305	8:25	567	9:48	4.40	25:37	5:49	1	25:37	1	25:37
Buchlern	13.25		4:34	137	13:05	331	17:35	17.65	1:26:13	4:53	1	1:26:13	1	1:26:13
Uetliberg	6.20		5:38	70	5:44	198	9:20	23.85	2:01:09	5:04	1	2:01:09	1	2:01:09
Felsenegg	5.90		5:32	259	10:04	498	12:45	29.75	2:33:51	5:10	1	2:33:51	1	2:33:51
Buchlern	14.02		4:13	20	7:27	88	11:28	43.77	3:33:07	4:52	1	3:33:07	1	3:33:07
Hönggerberg	11.10		4:56	117	12:57	273	15:38	54.87	4:27:54	4:52	1	4:27:54	1	4:27:54
Irchel	5.10		5:38	240	9:42	489	12:02	59.97	4:56:42	4:56	1	4:56:42	1	4:56:42
Fluntern	6.34		5:20	240	9:57	484	12:02	66.31	5:30:32	4:59	1	5:30:32	1	5:30:32
Forch	11.30		5:03	128	15:39	307	18:31	77.61	6:27:43	4:59	1	6:27:43	1	6:27:43
Egg	8.75		4:48	49	8:39	160	9:53	86.36	7:09:47	4:58	1	7:09:47	1	7:09:47
Zumikon	12.99		4:32	27	5:49	105	11:58	99.35	8:08:44	4:55	1	8:08:44	1	8:08:44
Witikon	6.91		5:00	281	10:49	534	13:37	106.26	8:43:23	4:55	1	8:43:23	1	8:43:23
Fluntern	4.90		5:01	141	7:45	343	8:17	111.16	9:07:59	4:55	1	9:07:59	1	9:07:59
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:49	139	7:02	308	8:36	116.80	9:35:14	4:55	23	1:25:02	168	2:43:18