



38. SOLA-Stafette

Zürich / 07.05.2011

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Nilu

□□: Alumni

□□: 276

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:14:38

□□: 11.32 km/h

□□□□: 5:15 min/km

□□□□□: 401 (of 790)

□□□□□□: 6:52:28

□□□□□: 145(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	200	6:44	411	8:07	4.40	23:56	5:26	1	23:56	1	23:56
Buchlern	13.25		4:20	61	10:02	193	14:32	17.65	1:21:29	4:36	1	1:21:29	1	1:21:29
Uetliberg	6.20		6:12	216	9:20	440	12:56	23.85	2:00:01	5:01	1	2:00:01	1	2:00:01
Felsenegg	5.90		5:32	262	10:05	503	12:46	29.75	2:32:44	5:08	1	2:32:44	1	2:32:44
Buchlern	14.02		4:57	184	17:35	398	21:36	43.77	3:42:08	5:04	1	3:42:08	1	3:42:08
Hönggerberg	11.10		5:01	138	13:54	317	16:35	54.87	4:37:52	5:03	1	4:37:52	1	4:37:52
Irchel	5.10		6:24	384	13:34	681	15:54	59.97	5:10:32	5:10	1	5:10:32	1	5:10:32
Fluntern	6.34		5:08	168	8:44	377	10:49	66.31	5:43:09	5:10	1	5:43:09	1	5:43:09
Forch	11.30		5:50	360	24:28	649	27:20	77.61	6:49:09	5:16	1	6:49:09	1	6:49:09
Egg	8.75		4:49	54	8:48	167	10:02	86.36	7:31:22	5:13	1	7:31:22	1	7:31:22
Zumikon	12.99		5:31	273	18:36	535	24:45	99.35	8:43:06	5:15	1	8:43:06	1	8:43:06
Witikon	6.91		5:02	291	10:57	545	13:45	106.26	9:17:53	5:15	1	9:17:53	1	9:17:53
Fluntern	4.90		5:47	315	11:34	588	12:06	111.16	9:46:18	5:16	1	9:46:18	1	9:46:18
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Irchel	5.64		5:01	196	8:07	400	9:41	116.80	10:14:38	5:15	156	2:04:26	418	3:22:42