



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

non-stemi

□□: Alumni

□□: 277

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:05:49

□□: 11.49 km/h

□□□□: 5:11 min/km

□□□□□: 346 (of 790)

□□□□□□: 6:52:28

□□□□□: 110(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	197	6:43	407	8:06	4.40	23:55	5:26	1	23:55	1	23:55
Buchlern	13.25		4:41	178	14:33	393	19:03	17.65	1:25:59	4:52	1	1:25:59	1	1:25:59
Uetliberg	6.20		5:05	10	2:25	50	6:01	23.85	1:57:36	4:55	1	1:57:36	1	1:57:36
Felsenegg	5.90		5:36	278	10:26	525	13:07	29.75	2:30:40	5:03	1	2:30:40	1	2:30:40
Buchlern	14.02		4:26	50	10:24	152	14:25	43.77	3:32:53	4:51	1	3:32:53	1	3:32:53
Hönggerberg	11.10		4:23	25	6:50	72	9:31	54.87	4:21:33	4:46	1	4:21:33	1	4:21:33
Irchel	5.10		5:53	298	10:58	571	13:18	59.97	4:51:37	4:51	1	4:51:37	1	4:51:37
Fluntern	6.34		6:07	408	14:54	705	16:59	66.31	5:30:24	4:58	1	5:30:24	1	5:30:24
Forch	11.30		6:39	452	33:43	763	36:35	77.61	6:45:39	5:13	1	6:45:39	1	6:45:39
Egg	8.75		6:02	384	19:24	673	20:38	86.36	7:38:28	5:18	1	7:38:28	1	7:38:28
Zumikon	12.99		4:57	94	11:19	260	17:28	99.35	8:42:55	5:15	1	8:42:55	1	8:42:55
Witikon	6.91		4:03	28	4:11	92	6:59	106.26	9:10:56	5:11	1	9:10:56	1	9:10:56
Fluntern	4.90		5:02	147	7:50	355	8:22	111.16	9:35:37	5:10	1	9:35:37	1	9:35:37
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:21	289	9:59	541	11:33	116.80	10:05:49	5:11	120	1:55:37	361	3:13:53