



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

peterlisen

□□: Alumni

□□: 281

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:06:56

□□: 12.73 km/h

□□□□: 4:40 min/km

□□□□□: 70 (of 790)

□□□□□□: 6:52:28

□□□□□: 5(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:11	134	5:39	302	7:02	4.40	22:51	5:11	1	22:51	1	22:51
Buchlern	13.25		4:02	18	6:02	87	10:32	17.65	1:16:24	4:19	1	1:16:24	1	1:16:24
Uetliberg	6.20		5:13	23	3:09	79	6:45	23.85	1:48:45	4:33	1	1:48:45	1	1:48:45
Felsenegg	5.90		4:02	3	1:13	18	3:54	29.75	2:12:36	4:27	1	2:12:36	1	2:12:36
Buchlern	14.02		4:47	135	15:26	306	19:27	43.77	3:19:51	4:33	1	3:19:51	1	3:19:51
Hönggerberg	11.10		4:45	77	10:58	201	13:39	54.87	4:12:39	4:36	1	4:12:39	1	4:12:39
Irchel	5.10		7:21	461	18:26	768	20:46	59.97	4:50:11	4:50	1	4:50:11	1	4:50:11
Fluntern	6.34		5:12	190	9:08	414	11:13	66.31	5:23:12	4:52	1	5:23:12	1	5:23:12
Forch	11.30		4:11	8	5:50	35	8:42	77.61	6:10:34	4:46	1	6:10:34	1	6:10:34
Egg	8.75		4:43	34	7:57	127	9:11	86.36	6:51:56	4:46	1	6:51:56	1	6:51:56
Zumikon	12.99		4:37	37	7:01	138	13:10	99.35	7:52:05	4:45	1	7:52:05	1	7:52:05
Witikon	6.91		3:26	1	-	16	2:48	106.26	8:15:55	4:40	1	8:15:55	1	8:15:55
Fluntern	4.90		5:09	176	8:27	397	8:59	111.16	8:41:13	4:41	1	8:41:13	1	8:41:13
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Irchel	5.64		4:33	77	5:30	191	7:04	116.80	9:06:56	4:40	8	56:44	75	2:15:00