



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## PFLOEK

□□: Alumni

□□: 283

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:57:04

□□: 10.59 km/h

□□□□: 5:37 min/km

□□□□□: 659 (of 790)

□□□□□□: 6:52:28

□□□□□: 364(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:54	62	4:25	163	5:48	4.40	21:37	4:54	1	21:37	1	21:37
Buchlern	13.25		4:53	259	17:12	507	21:42	17.65	1:26:20	4:53	1	1:26:20	1	1:26:20
Uetliberg	6.20		7:58	451	20:15	756	23:51	23.85	2:15:47	5:41	1	2:15:47	1	2:15:47
Felsenegg	5.90		6:23	427	15:05	723	17:46	29.75	2:53:30	5:49	1	2:53:30	1	2:53:30
Buchlern	14.02		5:08	247	20:19	493	24:20	43.77	4:05:38	5:36	1	4:05:38	1	4:05:38
Hönggerberg	11.10		6:22	438	28:52	738	31:33	54.87	5:16:20	5:45	1	5:16:20	1	5:16:20
Irchel	5.10		6:34	410	14:28	709	16:48	59.97	5:49:54	5:50	1	5:49:54	1	5:49:54
Fluntern	6.34		5:22	257	10:12	503	12:17	66.31	6:23:59	5:47	1	6:23:59	1	6:23:59
Forch	11.30		5:19	216	18:36	442	21:28	77.61	7:24:07	5:43	1	7:24:07	1	7:24:07
Egg	8.75		5:00	89	10:21	243	11:35	86.36	8:07:53	5:38	1	8:07:53	1	8:07:53
Zumikon	12.99		5:19	203	16:03	431	22:12	99.35	9:17:04	5:36	1	9:17:04	1	9:17:04
Witikon	6.91		5:21	361	13:10	643	15:58	106.26	9:54:04	5:35	1	9:54:04	1	9:54:04
Fluntern	4.90		5:59	361	12:31	644	13:03	111.16	10:23:26	5:36	1	10:23:26	1	10:23:26
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:57	392	13:25	691	14:59	116.80	10:57:04	5:37	376	2:46:52	678	4:05:08