



38. SOLA-Stafette

Zürich / 07.05.2011

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Rennclub Aussersiff

□□: Alumni
 □□: 289

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 11:18:52

□□: 10.25 km/h
 □□□□: 5:48 min/km

□□□□□: 728 (of 790)

□□□□□□: 6:52:28

□□□□□: 425(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		6:06	377	9:41	656	11:04	4.40	26:53	6:06	1	26:53	1	26:53
Buchlern	13.25		5:25	408	24:26	701	28:56	17.65	1:38:50	5:35	1	1:38:50	1	1:38:50
Uetliberg	6.20		9:24	472	29:11	782	32:47	23.85	2:37:13	6:35	1	2:37:13	1	2:37:13
Felsenegg	5.90		5:02	129	7:09	299	9:50	29.75	3:07:00	6:17	1	3:07:00	1	3:07:00
Buchlern	14.02		4:25	48	10:17	150	14:18	43.77	4:09:06	5:41	1	4:09:06	1	4:09:06
Hönggerberg	11.10		5:53	377	23:30	660	26:11	54.87	5:14:26	5:43	1	5:14:26	1	5:14:26
Irchel	5.10		6:30	398	14:07	696	16:27	59.97	5:47:39	5:47	1	5:47:39	1	5:47:39
Fluntern	6.34		5:07	160	8:38	365	10:43	66.31	6:20:10	5:43	1	6:20:10	1	6:20:10
Forch	11.30		5:49	356	24:19	645	27:11	77.61	7:26:01	5:44	1	7:26:01	1	7:26:01
Egg	8.75		5:36	288	15:39	541	16:53	86.36	8:15:05	5:43	1	8:15:05	1	8:15:05
Zumikon	12.99		6:37	452	32:55	760	39:04	99.35	9:41:08	5:50	1	9:41:08	1	9:41:08
Witikon	6.91		5:01	283	10:50	536	13:38	106.26	10:15:48	5:47	1	10:15:48	1	10:15:48
Fluntern	4.90		6:28	423	14:53	726	15:25	111.16	10:47:32	5:49	1	10:47:32	1	10:47:32
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Irchel	5.64		5:33	335	11:07	608	12:41	116.80	11:18:52	5:48	437	3:08:40	748	4:26:56