



38. SOLA-Stafette

Zürich / 07.05.2011

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ride

□□: Alumni
 □□: 292

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:58:51

□□: 10.56 km/h
 □□□□: 5:38 min/km

□□□□□: 665 (of 790)

□□□□□□: 6:52:28

□□□□□: 369(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:48	443	12:44	751	14:07	4.40	29:56	6:48	1	29:56	1	29:56
Buchlern	13.25		5:07	341	20:27	620	24:57	17.65	1:37:54	5:32	1	1:37:54	1	1:37:54
Uetliberg	6.20		7:28	423	17:06	724	20:42	23.85	2:24:12	6:02	1	2:24:12	1	2:24:12
Felsenegg	5.90		5:51	337	11:57	609	14:38	29.75	2:58:47	6:00	1	2:58:47	1	2:58:47
Buchlern	14.02		6:24	457	37:57	765	41:58	43.77	4:28:33	6:08	1	4:28:33	1	4:28:33
Hönggerberg	11.10		4:55	115	12:52	271	15:33	54.87	5:23:15	5:53	1	5:23:15	1	5:23:15
Irchel	5.10		6:33	404	14:22	703	16:42	59.97	5:56:43	5:56	1	5:56:43	1	5:56:43
Fluntern	6.34		5:16	216	9:33	449	11:38	66.31	6:30:09	5:53	1	6:30:09	1	6:30:09
Forch	11.30		5:03	125	15:34	303	18:26	77.61	7:27:15	5:45	1	7:27:15	1	7:27:15
Egg	8.75		4:26	13	5:24	60	6:38	86.36	8:06:04	5:37	1	8:06:04	1	8:06:04
Zumikon	12.99		5:13	174	14:46	388	20:55	99.35	9:13:58	5:34	1	9:13:58	1	9:13:58
Witikon	6.91		6:00	439	17:40	742	20:28	106.26	9:55:28	5:36	1	9:55:28	1	9:55:28
Fluntern	4.90		5:49	327	11:42	600	12:14	111.16	10:24:01	5:36	1	10:24:01	1	10:24:01
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Irchel	5.64		6:10	425	14:37	733	16:11	116.80	10:58:51	5:38	381	2:48:39	684	4:06:55