



38. SOLA-Stafette

Zürich / 07.05.2011

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rülpsasa

□□: Alumni
□□: 296

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:55:36

□□: 10.69 km/h
□□□□: 5:36 min/km

□□□□□: 650 (of 790)

□□□□□□: 6:52:28

□□□□□: 356 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:19	408	10:40	704	12:03	4.40	27:52	6:19	1	27:52	1	27:52
Buchlern	13.25		4:54	271	17:36	527	22:06	17.65	1:32:59	5:16	1	1:32:59	1	1:32:59
Uetliberg	6.20		5:59	150	7:59	350	11:35	23.85	2:10:10	5:27	1	2:10:10	1	2:10:10
Felsenegg	5.90		5:28	231	9:39	459	12:20	29.75	2:42:27	5:27	1	2:42:27	1	2:42:27
Buchlern	14.02		4:25	46	10:11	147	14:12	43.77	3:44:27	5:07	1	3:44:27	1	3:44:27
Hönggerberg	11.10		5:44	344	21:50	618	24:31	54.87	4:48:07	5:15	1	4:48:07	1	4:48:07
Irchel	5.10		8:05	469	22:11	780	24:31	59.97	5:29:24	5:29	1	5:29:24	1	5:29:24
Fluntern	6.34		5:51	362	13:17	648	15:22	66.31	6:06:34	5:31	1	6:06:34	1	6:06:34
Forch	11.30		5:54	376	25:19	671	28:11	77.61	7:13:25	5:35	1	7:13:25	1	7:13:25
Egg	8.75		5:37	295	15:51	551	17:05	86.36	8:02:41	5:35	1	8:02:41	1	8:02:41
Zumikon	12.99		5:27	251	17:43	506	23:52	99.35	9:13:32	5:34	1	9:13:32	1	9:13:32
Witikon	6.91		5:55	426	17:05	729	19:53	106.26	9:54:27	5:35	1	9:54:27	1	9:54:27
Fluntern	4.90		5:01	144	7:47	348	8:19	111.16	10:19:05	5:34	1	10:19:05	1	10:19:05
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Irchel	5.64		6:28	447	16:18	757	17:52	116.80	10:55:36	5:36	368	2:45:24	669	4:03:40