



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Schoggibei

□□: Alumni
□□: 303

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:54:33

□□: 10.63 km/h
□□□□: 5:36 min/km

□□□□□: 645 (of 790)

□□□□□□: 6:52:28

□□□□□: 351 (of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:58	345	9:05	613	10:28	4.40	26:17	5:58	1	26:17	1	26:17
Buchlern	13.25		4:52	257	17:05	505	21:35	17.65	1:30:53	5:08	1	1:30:53	1	1:30:53
Uetliberg	6.20		6:17	232	9:46	465	13:22	23.85	2:09:51	5:26	1	2:09:51	1	2:09:51
Felsenegg	5.90		5:56	363	12:27	644	15:08	29.75	2:44:56	5:32	1	2:44:56	1	2:44:56
Buchlern	14.02		6:24	458	38:00	766	42:01	43.77	4:14:45	5:49	1	4:14:45	1	4:14:45
Hönggerberg	11.10		5:47	359	22:22	637	25:03	54.87	5:18:57	5:48	1	5:18:57	1	5:18:57
Irchel	5.10		5:19	167	8:02	370	10:22	59.97	5:46:05	5:46	1	5:46:05	1	5:46:05
Fluntern	6.34		5:44	336	12:30	616	14:35	66.31	6:22:28	5:46	1	6:22:28	1	6:22:28
Forch	11.30		5:38	312	22:13	586	25:05	77.61	7:26:13	5:44	1	7:26:13	1	7:26:13
Egg	8.75		5:06	121	11:19	298	12:33	86.36	8:10:57	5:41	1	8:10:57	1	8:10:57
Zumikon	12.99		5:39	304	20:24	577	26:33	99.35	9:24:29	5:40	1	9:24:29	1	9:24:29
Witikon	6.91		4:37	152	8:10	350	10:58	106.26	9:56:29	5:36	1	9:56:29	1	9:56:29
Fluntern	4.90		5:49	327	11:42	600	12:14	111.16	10:25:02	5:37	1	10:25:02	1	10:25:02
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:14	252	9:18	488	10:52	116.80	10:54:33	5:36	363	2:44:21	664	4:02:37