



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Seckler

□□: Alumni

□□: 306

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:02:08

□□: 10.51 km/h

□□□□: 5:40 min/km

□□□□□: 679 (of 790)

□□□□□□: 6:52:28

□□□□□: 382 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:27	421	11:13	719	12:36	4.40	28:25	6:27	1	28:25	1	28:25
Buchlern	13.25		5:29	418	25:10	714	29:40	17.65	1:41:06	5:43	1	1:41:06	1	1:41:06
Uetliberg	6.20		6:07	186	8:49	404	12:25	23.85	2:19:07	5:49	1	2:19:07	1	2:19:07
Felsenegg	5.90		6:34	433	16:07	735	18:48	29.75	2:57:52	5:58	1	2:57:52	1	2:57:52
Buchlern	14.02		4:37	84	13:04	229	17:05	43.77	4:02:45	5:32	1	4:02:45	1	4:02:45
Hönggerberg	11.10		5:52	373	23:23	655	26:04	54.87	5:07:58	5:36	1	5:07:58	1	5:07:58
Irchel	5.10		6:19	370	13:07	662	15:27	59.97	5:40:11	5:40	1	5:40:11	1	5:40:11
Fluntern	6.34		4:58	116	7:38	283	9:43	66.31	6:11:42	5:36	1	6:11:42	1	6:11:42
Forch	11.30		4:59	105	14:56	271	17:48	77.61	7:08:10	5:31	1	7:08:10	1	7:08:10
Egg	8.75		6:09	405	20:26	697	21:40	86.36	8:02:01	5:34	1	8:02:01	1	8:02:01
Zumikon	12.99		6:18	428	28:46	732	34:55	99.35	9:23:55	5:40	1	9:23:55	1	9:23:55
Witikon	6.91		5:23	370	13:28	653	16:16	106.26	10:01:13	5:39	1	10:01:13	1	10:01:13
Fluntern	4.90		6:21	415	14:16	713	14:48	111.16	10:32:20	5:41	1	10:32:20	1	10:32:20
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:17	267	9:35	511	11:09	116.80	11:02:08	5:40	394	2:51:56	698	4:10:12