



38. SOLA-Stafette

Zürich / 07.05.2011

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SOLAllianz Suisse II

□□: Alumni
□□: 314

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:56:24

□□: 11.67 km/h
□□□□: 5:06 min/km

□□□□□: 275 (of 790)

□□□□□□: 6:52:28

□□□□□: 65(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:57	338	9:00	606	10:23	4.40	26:12	5:57	1	26:12	1	26:12
Buchlern	13.25		4:46	216	15:47	446	20:17	17.65	1:29:30	5:04	1	1:29:30	1	1:29:30
Uetliberg	6.20		7:40	436	18:21	738	21:57	23.85	2:17:03	5:44	1	2:17:03	1	2:17:03
Felsenegg	5.90		4:49	76	5:48	195	8:29	29.75	2:45:29	5:33	1	2:45:29	1	2:45:29
Buchlern	14.02		4:44	117	14:39	281	18:40	43.77	3:51:57	5:17	1	3:51:57	1	3:51:57
Hönggerberg	11.10		4:44	74	10:46	194	13:27	54.87	4:44:33	5:11	1	4:44:33	1	4:44:33
Irchel	5.10		4:28	28	3:45	95	6:05	59.97	5:07:24	5:07	1	5:07:24	1	5:07:24
Fluntern	6.34		4:58	115	7:37	281	9:42	66.31	5:38:54	5:06	1	5:38:54	1	5:38:54
Forch	11.30		5:00	108	15:01	277	17:53	77.61	6:35:27	5:05	1	6:35:27	1	6:35:27
Egg	8.75		5:19	192	13:07	403	14:21	86.36	7:21:59	5:07	1	7:21:59	1	7:21:59
Zumikon	12.99		4:58	97	11:33	270	17:42	99.35	8:26:40	5:05	1	8:26:40	1	8:26:40
Witikon	6.91		5:12	323	12:07	592	14:55	106.26	9:02:37	5:06	1	9:02:37	1	9:02:37
Fluntern	4.90		5:53	339	12:03	618	12:35	111.16	9:31:31	5:08	1	9:31:31	1	9:31:31
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Irchel	5.64		4:24	46	4:40	125	6:14	116.80	9:56:24	5:06	74	1:46:12	290	3:04:28