



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## solamirdesieg

□□: Alumni  
□□: 315

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:08:48

□□: 11.51 km/h  
□□□□: 5:12 min/km

□□□□□: 368 (of 790)

□□□□□□: 6:52:28

□□□□□: 122(of 477)

□□□□□□□: 8:43:10

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□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40     |          | 5:17         | 154     | 6:05    | 336       | 7:28      | 4.40      | 23:17     | 5:17          | 1       | 23:17   | 1         | 23:17     |
| Buchlern    | 13.25    |          | 4:14         | 43      | 8:47    | 151       | 13:17     | 17.65     | 1:19:35   | 4:30          | 1       | 1:19:35 | 1         | 1:19:35   |
| Uetliberg   | 6.20     |          | 5:57         | 141     | 7:47    | 334       | 11:23     | 23.85     | 1:56:34   | 4:53          | 1       | 1:56:34 | 1         | 1:56:34   |
| Felsenegg   | 5.90     |          | 4:43         | 60      | 5:16    | 157       | 7:57      | 29.75     | 2:24:28   | 4:51          | 1       | 2:24:28 | 1         | 2:24:28   |
| Buchlern    | 14.02    |          | 4:14         | 23      | 7:37    | 96        | 11:38     | 43.77     | 3:23:54   | 4:39          | 1       | 3:23:54 | 1         | 3:23:54   |
| Hönggerberg | 11.10    |          | 6:15         | 424     | 27:35   | 721       | 30:16     | 54.87     | 4:33:19   | 4:58          | 1       | 4:33:19 | 1         | 4:33:19   |
| Irchel      | 5.10     |          | 6:08         | 344     | 12:13   | 629       | 14:33     | 59.97     | 5:04:38   | 5:04          | 1       | 5:04:38 | 1         | 5:04:38   |
| Fluntern    | 6.34     |          | 5:00         | 130     | 7:53    | 309       | 9:58      | 66.31     | 5:36:24   | 5:04          | 1       | 5:36:24 | 1         | 5:36:24   |
| Forch       | 11.30    |          | 5:01         | 115     | 15:13   | 287       | 18:05     | 77.61     | 6:33:09   | 5:03          | 1       | 6:33:09 | 1         | 6:33:09   |
| Egg         | 8.75     |          | 6:36         | 441     | 24:25   | 746       | 25:39     | 86.36     | 7:30:59   | 5:13          | 1       | 7:30:59 | 1         | 7:30:59   |
| Zumikon     | 12.99    |          | 5:04         | 129     | 12:52   | 323       | 19:01     | 99.35     | 8:36:59   | 5:12          | 1       | 8:36:59 | 1         | 8:36:59   |
| Witikon     | 6.91     |          | 4:31         | 131     | 7:28    | 302       | 10:16     | 106.26    | 9:08:17   | 5:09          | 1       | 9:08:17 | 1         | 9:08:17   |
| Fluntern    | 4.90     |          | 6:15         | 399     | 13:51   | 692       | 14:23     | 111.16    | 9:38:59   | 5:12          | 1       | 9:38:59 | 1         | 9:38:59   |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16    | -         | -             | -       | -       | -         | -         |
| Irchel      | 5.64     |          | 5:17         | 270     | 9:36    | 514       | 11:10     | 116.80    | 10:08:48  | 5:12          | 133     | 1:58:36 | 385       | 3:16:52   |