



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Sososlala

□□: Alumni  
□□: 317

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:14:26

□□: 11.33 km/h  
□□□□: 5:15 min/km

□□□□□: 399 (of 790)

□□□□□□: 6:52:28

□□□□□: 144(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:29	212	6:56	432	8:19	4.40	24:08	5:29	1	24:08	1	24:08
Buchlern	13.25		4:28	96	11:45	259	16:15	17.65	1:23:24	4:43	1	1:23:24	1	1:23:24
Uetliberg	6.20		5:59	148	7:56	347	11:32	23.85	2:00:32	5:03	1	2:00:32	1	2:00:32
Felsenegg	5.90		4:18	11	2:47	51	5:28	29.75	2:25:57	4:54	1	2:25:57	1	2:25:57
Buchlern	14.02		5:13	270	21:23	526	25:24	43.77	3:39:09	5:00	1	3:39:09	1	3:39:09
Hönggerberg	11.10		6:04	408	25:35	697	28:16	54.87	4:46:34	5:13	1	4:46:34	1	4:46:34
Irchel	5.10		5:27	199	8:42	425	11:02	59.97	5:14:22	5:14	1	5:14:22	1	5:14:22
Fluntern	6.34		5:08	165	8:41	372	10:46	66.31	5:46:56	5:13	1	5:46:56	1	5:46:56
Forch	11.30		5:29	273	20:35	526	23:27	77.61	6:49:03	5:16	1	6:49:03	1	6:49:03
Egg	8.75		4:43	34	7:57	127	9:11	86.36	7:30:25	5:12	1	7:30:25	1	7:30:25
Zumikon	12.99		5:52	367	23:11	657	29:20	99.35	8:46:44	5:18	1	8:46:44	1	8:46:44
Witikon	6.91		4:37	148	8:07	344	10:55	106.26	9:18:41	5:15	1	9:18:41	1	9:18:41
Fluntern	4.90		4:13	19	3:50	77	4:22	111.16	9:39:22	5:12	1	9:39:22	1	9:39:22
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Irchel	5.64		6:13	430	14:51	739	16:25	116.80	10:14:26	5:15	155	2:04:14	416	3:22:30