



38. SOLA-Stafette

Zürich / 07.05.2011

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Super Challenged Sprinters

□□: Alumni

□□: 324

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:14:20

□□: 11.33 km/h

□□□□: 5:15 min/km

□□□□□: 398 (of 790)

□□□□□□: 6:52:28

□□□□□: 143(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:00	83	4:48	210	6:11	4.40	22:00	5:00	1	22:00	1	22:00
Buchlern	13.25		4:18	57	9:37	182	14:07	17.65	1:19:08	4:29	1	1:19:08	1	1:19:08
Uetliberg	6.20		7:09	402	15:13	698	18:49	23.85	2:03:33	5:10	1	2:03:33	1	2:03:33
Felsenegg	5.90		5:39	292	10:43	543	13:24	29.75	2:36:54	5:16	1	2:36:54	1	2:36:54
Buchlern	14.02		4:44	113	14:33	276	18:34	43.77	3:43:16	5:06	1	3:43:16	1	3:43:16
Hönggerberg	11.10		4:26	34	7:25	89	10:06	54.87	4:32:31	4:57	1	4:32:31	1	4:32:31
Irchel	5.10		4:21	20	3:08	70	5:28	59.97	4:54:45	4:54	1	4:54:45	1	4:54:45
Fluntern	6.34		4:55	100	7:19	258	9:24	66.31	5:25:57	4:54	1	5:25:57	1	5:25:57
Forch	11.30		5:21	223	19:00	456	21:52	77.61	6:26:29	4:58	1	6:26:29	1	6:26:29
Egg	8.75		7:11	463	29:27	775	30:41	86.36	7:29:21	5:12	1	7:29:21	1	7:29:21
Zumikon	12.99		5:07	141	13:28	343	19:37	99.35	8:35:57	5:11	1	8:35:57	1	8:35:57
Witikon	6.91		5:30	394	14:14	685	17:02	106.26	9:14:01	5:12	1	9:14:01	1	9:14:01
Fluntern	4.90		4:55	110	7:18	295	7:50	111.16	9:38:10	5:12	1	9:38:10	1	9:38:10
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Irchel	5.64		6:24	443	15:57	753	17:31	116.80	10:14:20	5:15	154	2:04:08	415	3:22:24