



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Swiss & Global

□□: Alumni

□□: 330

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:28:06

□□: 11.08 km/h

□□□□: 5:22 min/km

□□□□□: 497 (of 790)

□□□□□□: 6:52:28

□□□□□: 220(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:39	264	7:44	516	9:07	4.40	24:56	5:39	1	24:56	1	24:56
Buchlern	13.25		4:42	187	14:54	407	19:24	17.65	1:27:21	4:56	1	1:27:21	1	1:27:21
Uetliberg	6.20		6:49	346	13:07	630	16:43	23.85	2:09:40	5:26	1	2:09:40	1	2:09:40
Felsenegg	5.90		5:48	327	11:38	592	14:19	29.75	2:43:56	5:30	1	2:43:56	1	2:43:56
Buchlern	14.02		5:27	341	24:39	624	28:40	43.77	4:00:24	5:29	1	4:00:24	1	4:00:24
Hönggerberg	11.10		4:07	8	4:01	31	6:42	54.87	4:46:15	5:13	1	4:46:15	1	4:46:15
Irchel	5.10		5:12	145	7:26	329	9:46	59.97	5:12:47	5:12	1	5:12:47	1	5:12:47
Fluntern	6.34		6:04	394	14:35	689	16:40	66.31	5:51:15	5:17	1	5:51:15	1	5:51:15
Forch	11.30		4:52	75	13:35	217	16:27	77.61	6:46:22	5:14	1	6:46:22	1	6:46:22
Egg	8.75		6:06	397	20:02	688	21:16	86.36	7:39:49	5:19	1	7:39:49	1	7:39:49
Zumikon	12.99		5:14	181	14:58	400	21:07	99.35	8:47:55	5:18	1	8:47:55	1	8:47:55
Witikon	6.91		5:49	419	16:23	721	19:11	106.26	9:28:08	5:20	1	9:28:08	1	9:28:08
Fluntern	4.90		6:40	445	15:52	751	16:24	111.16	10:00:51	5:24	1	10:00:51	1	10:00:51
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Irchel	5.64		4:49	139	7:02	308	8:36	116.80	10:28:06	5:22	231	2:17:54	515	3:36:10