



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Synaxis

□□: Alumni  
□□: 333

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:19:10

□□: 11.24 km/h  
□□□□: 5:18 min/km

□□□□□: 432 (of 790)

□□□□□□: 6:52:28

□□□□□: 169(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:11	133	5:38	300	7:01	4.40	22:50	5:11	1	22:50	1	22:50
Buchlern	13.25		5:15	370	22:03	656	26:33	17.65	1:32:24	5:14	1	1:32:24	1	1:32:24
Uetliberg	6.20		7:02	384	14:26	677	18:02	23.85	2:16:02	5:42	1	2:16:02	1	2:16:02
Felsenegg	5.90		5:28	234	9:41	463	12:22	29.75	2:48:21	5:39	1	2:48:21	1	2:48:21
Buchlern	14.02		4:54	173	17:06	381	21:07	43.77	3:57:16	5:25	1	3:57:16	1	3:57:16
Hönggerberg	11.10		4:50	98	11:51	239	14:32	54.87	4:50:57	5:18	1	4:50:57	1	4:50:57
Irchel	5.10		5:46	270	10:19	530	12:39	59.97	5:20:22	5:20	1	5:20:22	1	5:20:22
Fluntern	6.34		5:30	299	11:01	560	13:06	66.31	5:55:16	5:21	1	5:55:16	1	5:55:16
Forch	11.30		5:22	236	19:16	472	22:08	77.61	6:56:04	5:21	1	6:56:04	1	6:56:04
Egg	8.75		5:28	245	14:33	486	15:47	86.36	7:44:02	5:22	1	7:44:02	1	7:44:02
Zumikon	12.99		4:51	77	10:00	227	16:09	99.35	8:47:10	5:18	1	8:47:10	1	8:47:10
Witikon	6.91		4:45	199	9:05	422	11:53	106.26	9:20:05	5:16	1	9:20:05	1	9:20:05
Fluntern	4.90		5:59	362	12:32	645	13:04	111.16	9:49:28	5:18	1	9:49:28	1	9:49:28
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Irchel	5.64		5:15	265	9:29	505	11:03	116.80	10:19:10	5:18	180	2:08:58	450	3:27:14