



# 38. SOLA-Stafette

Zürich / 07.05.2011

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bersitzer

□□: Alumni  
□□: 346

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 9:58:43

□□: 11.62 km/h  
□□□□: 5:07 min/km

□□□□□: 288 (of 790)

□□□□□□: 6:52:28

□□□□□: 75(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	161	6:12	346	7:35	4.40	23:24	5:19	1	23:24	1	23:24
Buchlern	13.25		4:39	167	14:17	378	18:47	17.65	1:25:12	4:49	1	1:25:12	1	1:25:12
Uetliberg	6.20		6:09	200	8:58	422	12:34	23.85	2:03:22	5:10	1	2:03:22	1	2:03:22
Felsenegg	5.90		6:55	452	18:14	762	20:55	29.75	2:44:14	5:31	1	2:44:14	1	2:44:14
Buchlern	14.02		4:53	167	16:49	372	20:50	43.77	3:52:52	5:19	1	3:52:52	1	3:52:52
Hönggerberg	11.10		5:17	218	16:51	441	19:32	54.87	4:51:33	5:18	1	4:51:33	1	4:51:33
Irchel	5.10		5:25	198	8:36	421	10:56	59.97	5:19:15	5:19	1	5:19:15	1	5:19:15
Fluntern	6.34		5:00	133	7:55	314	10:00	66.31	5:51:03	5:17	1	5:51:03	1	5:51:03
Forch	11.30		4:43	46	11:56	159	14:48	77.61	6:44:31	5:12	1	6:44:31	1	6:44:31
Egg	8.75		4:47	46	8:32	154	9:46	86.36	7:26:28	5:10	1	7:26:28	1	7:26:28
Zumikon	12.99		5:15	184	15:12	407	21:21	99.35	8:34:48	5:10	1	8:34:48	1	8:34:48
Witikon	6.91		4:30	127	7:20	295	10:08	106.26	9:05:58	5:08	1	9:05:58	1	9:05:58
Fluntern	4.90		5:14	194	8:48	427	9:20	111.16	9:31:37	5:08	1	9:31:37	1	9:31:37
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Irchel	5.64		4:48	133	6:53	297	8:27	116.80	9:58:43	5:07	85	1:48:31	304	3:06:47