



38. SOLA-Stafette

Zürich / 07.05.2011

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Valkyries

□□: Alumni

□□: 352

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:49:08

□□: 9.88 km/h

□□□□: 6:04 min/km

□□□□□: 764 (of 790)

□□□□□□: 6:52:28

□□□□□: 459(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:25	193	6:39	402	8:02	4.40	23:51	5:25	1	23:51	1	23:51
Buchlern	13.25		5:36	435	26:44	734	31:14	17.65	1:38:06	5:33	1	1:38:06	1	1:38:06
Uetliberg	6.20		8:30	464	23:32	774	27:08	23.85	2:30:50	6:19	1	2:30:50	1	2:30:50
Felsenegg	5.90		5:32	255	10:02	492	12:43	29.75	3:03:30	6:10	1	3:03:30	1	3:03:30
Buchlern	14.02		5:19	297	22:49	564	26:50	43.77	4:18:08	5:53	1	4:18:08	1	4:18:08
Hönggerberg	11.10		6:17	428	27:58	727	30:39	54.87	5:27:56	5:58	1	5:27:56	1	5:27:56
Irchel	5.10		6:34	408	14:25	707	16:45	59.97	6:01:27	6:01	1	6:01:27	1	6:01:27
Fluntern	6.34		6:00	388	14:13	677	16:18	66.31	6:39:33	6:01	1	6:39:33	1	6:39:33
Forch	11.30		6:25	433	31:08	741	34:00	77.61	7:52:13	6:05	1	7:52:13	1	7:52:13
Egg	8.75		6:10	407	20:37	699	21:51	86.36	8:46:15	6:05	1	8:46:15	1	8:46:15
Zumikon	12.99		6:43	457	34:16	765	40:25	99.35	10:13:39	6:10	1	10:13:39	1	10:13:39
Witikon	6.91		4:54	249	10:02	493	12:50	106.26	10:47:31	6:05	1	10:47:31	1	10:47:31
Fluntern	4.90		5:48	323	11:39	596	12:11	111.16	11:16:01	6:04	1	11:16:01	1	11:16:01
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Irchel	5.64		5:52	384	12:54	678	14:28	116.80	11:49:08	6:04	471	3:38:56	784	4:57:12