



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Verwaltungsgericht des Kantons Zürich □□: 10:46:08

□□: Alumni

□□: 10.77 km/h

□□: 354

□□□□: 5:31 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 605 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 313(of 477)

Langsame

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:07	106	5:19	264	6:42	4.40	22:31	5:07	1	22:31	1	22:31
Buchlern	13.25		4:37	146	13:43	349	18:13	17.65	1:23:45	4:44	1	1:23:45	1	1:23:45
Uetliberg	6.20		6:39	316	12:06	582	15:42	23.85	2:05:03	5:14	1	2:05:03	1	2:05:03
Felsenegg	5.90		6:06	397	13:25	686	16:06	29.75	2:41:06	5:24	1	2:41:06	1	2:41:06
Buchlern	14.02		4:52	156	16:26	354	20:27	43.77	3:49:21	5:14	1	3:49:21	1	3:49:21
Hönggerberg	11.10		5:27	256	18:40	500	21:21	54.87	4:49:51	5:16	1	4:49:51	1	4:49:51
Irchel	5.10		5:12	146	7:28	330	9:48	59.97	5:16:25	5:16	1	5:16:25	1	5:16:25
Fluntern	6.34		5:31	304	11:11	568	13:16	66.31	5:51:29	5:18	1	5:51:29	1	5:51:29
Forch	11.30		5:28	265	20:20	514	23:12	77.61	6:53:21	5:19	1	6:53:21	1	6:53:21
Egg	8.75		6:03	388	19:36	679	20:50	86.36	7:46:22	5:24	1	7:46:22	1	7:46:22
Zumikon	12.99		6:18	431	28:55	735	35:04	99.35	9:08:25	5:31	1	9:08:25	1	9:08:25
Witikon	6.91		5:23	366	13:22	649	16:10	106.26	9:45:37	5:30	1	9:45:37	1	9:45:37
Fluntern	4.90		5:08	170	8:23	389	8:55	111.16	10:10:51	5:29	1	10:10:51	1	10:10:51
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:15	432	15:04	741	16:38	116.80	10:46:08	5:31	325	2:35:56	624	3:54:12