



38. SOLA-Stafette

Zürich / 07.05.2011

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Vogelfreunde, haut den Lukas!

□□: Alumni

□□: 356

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:18:19

□□: 11.26 km/h

□□□□: 5:17 min/km

□□□□□: 423 (of 790)

□□□□□□: 6:52:28

□□□□□: 162 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:33	227	7:15	458	8:38	4.40	24:27	5:33	1	24:27	1	24:27
Buchlern	13.25		4:54	265	17:27	517	21:57	17.65	1:29:25	5:03	1	1:29:25	1	1:29:25
Uetliberg	6.20		5:20	29	3:58	103	7:34	23.85	2:02:35	5:08	1	2:02:35	1	2:02:35
Felsenegg	5.90		5:15	175	8:26	375	11:07	29.75	2:33:39	5:09	1	2:33:39	1	2:33:39
Buchlern	14.02		5:05	234	19:33	472	23:34	43.77	3:45:01	5:08	1	3:45:01	1	3:45:01
Hönggerberg	11.10		5:32	292	19:39	549	22:20	54.87	4:46:30	5:13	1	4:46:30	1	4:46:30
Irchel	5.10		5:42	258	9:59	509	12:19	59.97	5:15:35	5:15	1	5:15:35	1	5:15:35
Fluntern	6.34		5:56	376	13:48	662	15:53	66.31	5:53:16	5:19	1	5:53:16	1	5:53:16
Forch	11.30		5:04	134	15:50	317	18:42	77.61	6:50:38	5:17	1	6:50:38	1	6:50:38
Egg	8.75		5:20	202	13:20	420	14:34	86.36	7:37:23	5:17	1	7:37:23	1	7:37:23
Zumikon	12.99		5:02	116	12:18	303	18:27	99.35	8:42:49	5:15	1	8:42:49	1	8:42:49
Witikon	6.91		4:24	101	6:40	244	9:28	106.26	9:13:19	5:12	1	9:13:19	1	9:13:19
Fluntern	4.90		6:34	433	15:24	738	15:56	111.16	9:45:34	5:16	1	9:45:34	1	9:45:34
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Irchel	5.64		5:48	378	12:32	667	14:06	116.80	10:18:19	5:17	173	2:08:07	440	3:26:23