



38. SOLA-Stafette

Zürich / 07.05.2011

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Von den blauen Bergen

□□: Alumni
 □□: 357

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:40:32

□□: 11.99 km/h
 □□□□: 4:58 min/km

□□□□□: 192 (of 790)

□□□□□□: 6:52:28

□□□□□: 26(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:41	37	3:28	113	4:51	4.40	20:40	4:41	1	20:40	1	20:40
Buchlern	13.25		5:38	437	27:12	736	31:42	17.65	1:35:23	5:24	1	1:35:23	1	1:35:23
Uetliberg	6.20		5:08	13	2:41	59	6:17	23.85	2:07:16	5:20	1	2:07:16	1	2:07:16
Felsenegg	5.90		4:51	85	6:04	212	8:45	29.75	2:35:58	5:14	1	2:35:58	1	2:35:58
Buchlern	14.02		4:37	84	13:04	229	17:05	43.77	3:40:51	5:02	1	3:40:51	1	3:40:51
Hönggerberg	11.10		5:33	297	19:48	554	22:29	54.87	4:42:29	5:08	1	4:42:29	1	4:42:29
Irchel	5.10		5:05	120	6:54	288	9:14	59.97	5:08:29	5:08	1	5:08:29	1	5:08:29
Fluntern	6.34		4:13	12	2:52	46	4:57	66.31	5:35:14	5:03	1	5:35:14	1	5:35:14
Forch	11.30		5:02	120	15:29	297	18:21	77.61	6:32:15	5:03	1	6:32:15	1	6:32:15
Egg	8.75		4:58	81	10:06	223	11:20	86.36	7:15:46	5:02	1	7:15:46	1	7:15:46
Zumikon	12.99		4:41	47	7:54	166	14:03	99.35	8:16:48	5:00	1	8:16:48	1	8:16:48
Witikon	6.91		5:01	284	10:51	537	13:39	106.26	8:51:29	5:00	1	8:51:29	1	8:51:29
Fluntern	4.90		4:14	22	3:55	82	4:27	111.16	9:12:15	4:58	1	9:12:15	1	9:12:15
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:00	195	8:04	396	9:38	116.80	9:40:32	4:58	32	1:30:20	202	2:48:36