



38. SOLA-Stafette

Zürich / 07.05.2011

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VSA-Laufteam

□□: Alumni
□□: 359

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:52:59

□□: 9.76 km/h
□□□□: 6:06 min/km

□□□□□: 766 (of 790)

□□□□□□: 6:52:28

□□□□□: 461 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:42	439	12:20	746	13:43	4.40	29:32	6:42	1	29:32	1	29:32
Buchlern	13.25		5:46	452	29:06	756	33:36	17.65	1:46:09	6:00	1	1:46:09	1	1:46:09
Uetliberg	6.20		6:39	314	12:02	580	15:38	23.85	2:27:23	6:10	1	2:27:23	1	2:27:23
Felsenegg	5.90		5:55	354	12:18	634	14:59	29.75	3:02:19	6:07	1	3:02:19	1	3:02:19
Buchlern	14.02		6:08	440	34:14	746	38:15	43.77	4:28:22	6:07	1	4:28:22	1	4:28:22
Hönggerberg	11.10		6:24	441	29:14	743	31:55	54.87	5:39:26	6:11	1	5:39:26	1	5:39:26
Irchel	5.10		7:42	466	20:13	775	22:33	59.97	6:18:45	6:18	1	6:18:45	1	6:18:45
Fluntern	6.34		5:17	225	9:40	465	11:45	66.31	6:52:18	6:13	1	6:52:18	1	6:52:18
Forch	11.30		6:30	442	31:59	750	34:51	77.61	8:05:49	6:15	1	8:05:49	1	8:05:49
Egg	8.75		5:57	372	18:43	652	19:57	86.36	8:57:57	6:13	1	8:57:57	1	8:57:57
Zumikon	12.99		5:55	375	23:46	670	29:55	99.35	10:14:51	6:11	1	10:14:51	1	10:14:51
Witikon	6.91		5:01	287	10:53	540	13:41	106.26	10:49:34	6:06	1	10:49:34	1	10:49:34
Fluntern	4.90		5:04	156	8:01	368	8:33	111.16	11:14:26	6:04	1	11:14:26	1	11:14:26
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Irchel	5.64		6:50	459	18:20	771	19:54	116.80	11:52:59	6:06	473	3:42:47	786	5:01:03