



38. SOLA-Stafette

Zürich / 07.05.2011

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Weinbergturbos

□□: Alumni

□□: 362

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:06:14

□□: 11.56 km/h

□□□□: 5:11 min/km

□□□□□: 348 (of 790)

□□□□□□: 6:52:28

□□□□□: 112(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:17	153	6:03	333	7:26	4.40	23:15	5:17	1	23:15	1	23:15
Buchlern	13.25		3:36	2	0:11	14	4:41	17.65	1:10:57	4:01	1	1:10:57	1	1:10:57
Uetliberg	6.20		5:49	104	6:57	268	10:33	23.85	1:47:06	4:29	1	1:47:06	1	1:47:06
Felsenegg	5.90		5:48	328	11:40	594	14:21	29.75	2:21:24	4:45	1	2:21:24	1	2:21:24
Buchlern	14.02		5:29	348	25:12	633	29:13	43.77	3:38:25	4:59	1	3:38:25	1	3:38:25
Hönggerberg	11.10		5:12	192	15:57	403	18:38	54.87	4:36:12	5:02	1	4:36:12	1	4:36:12
Irchel	5.10		5:44	266	10:10	521	12:30	59.97	5:05:28	5:05	1	5:05:28	1	5:05:28
Fluntern	6.34		4:58	119	7:40	288	9:45	66.31	5:37:01	5:04	1	5:37:01	1	5:37:01
Forch	11.30		5:08	155	16:39	351	19:31	77.61	6:35:12	5:05	1	6:35:12	1	6:35:12
Egg	8.75		5:37	296	15:52	552	17:06	86.36	7:24:29	5:08	1	7:24:29	1	7:24:29
Zumikon	12.99		5:47	343	22:01	631	28:10	99.35	8:39:38	5:13	1	8:39:38	1	8:39:38
Witikon	6.91		4:18	75	5:54	191	8:42	106.26	9:09:22	5:10	1	9:09:22	1	9:09:22
Fluntern	4.90		5:37	278	10:44	539	11:16	111.16	9:36:57	5:11	1	9:36:57	1	9:36:57
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Irchel	5.64		5:11	239	9:04	471	10:38	116.80	10:06:14	5:11	123	1:56:02	365	3:14:18