



38. SOLA-Stafette

Zürich / 07.05.2011

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ZAV Zürcher Anwaltsverband

□□: Alumni

□□: 367

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:43:43

□□: 10.89 km/h

□□□□: 5:30 min/km

□□□□□: 592 (of 790)

□□□□□□: 6:52:28

□□□□□: 302(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:18	8	1:46	38	3:09	4.40	18:58	4:18	1	18:58	1	18:58
Buchlern	13.25		4:50	239	16:36	481	21:06	17.65	1:23:05	4:42	1	1:23:05	1	1:23:05
Uetliberg	6.20		7:48	442	19:15	746	22:51	23.85	2:11:32	5:30	1	2:11:32	1	2:11:32
Felsenegg	5.90		4:39	44	4:50	127	7:31	29.75	2:39:00	5:20	1	2:39:00	1	2:39:00
Buchlern	14.02		4:59	200	18:11	424	22:12	43.77	3:49:00	5:13	1	3:49:00	1	3:49:00
Hönggerberg	11.10		5:31	288	19:28	545	22:09	54.87	4:50:18	5:17	1	4:50:18	1	4:50:18
Irchel	5.10		7:49	467	20:47	776	23:07	59.97	5:30:11	5:30	1	5:30:11	1	5:30:11
Fluntern	6.34		5:20	245	10:00	489	12:05	66.31	6:04:04	5:29	1	6:04:04	1	6:04:04
Forch	11.30		6:06	401	27:32	702	30:24	77.61	7:13:08	5:34	1	7:13:08	1	7:13:08
Egg	8.75		5:07	124	11:26	305	12:40	86.36	7:57:59	5:32	1	7:57:59	1	7:57:59
Zumikon	12.99		5:40	309	20:37	583	26:46	99.35	9:11:44	5:33	1	9:11:44	1	9:11:44
Witikon	6.91		5:24	373	13:34	656	16:22	106.26	9:49:08	5:32	1	9:49:08	1	9:49:08
Fluntern	4.90		5:08	170	8:23	389	8:55	111.16	10:14:22	5:31	1	10:14:22	1	10:14:22
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Irchel	5.64		5:12	243	9:08	475	10:42	116.80	10:43:43	5:30	314	2:33:31	611	3:51:47