



38. SOLA-Stafette

Zürich / 07.05.2011

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ZIM extended

□□: Alumni

□□: 369

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:29:02

□□: 10.10 km/h

□□□□: 5:53 min/km

□□□□□: 741 (of 790)

□□□□□□: 6:52:28

□□□□□: 438(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:45	41	3:45	126	5:08	4.40	20:57	4:45	1	20:57	1	20:57
Buchlern	13.25		5:02	313	19:14	585	23:44	17.65	1:27:42	4:58	1	1:27:42	1	1:27:42
Uetliberg	6.20		8:11	456	21:38	763	25:14	23.85	2:18:32	5:48	1	2:18:32	1	2:18:32
Felsenegg	5.90		6:04	389	13:15	677	15:56	29.75	2:54:25	5:51	1	2:54:25	1	2:54:25
Buchlern	14.02		4:56	182	17:30	396	21:31	43.77	4:03:44	5:34	1	4:03:44	1	4:03:44
Hönggerberg	11.10		5:57	394	24:17	679	26:58	54.87	5:09:51	5:38	1	5:09:51	1	5:09:51
Irchel	5.10		5:59	322	11:29	600	13:49	59.97	5:40:26	5:40	1	5:40:26	1	5:40:26
Fluntern	6.34		5:13	196	9:12	421	11:17	66.31	6:13:31	5:37	1	6:13:31	1	6:13:31
Forch	11.30		5:07	149	16:20	341	19:12	77.61	7:11:23	5:33	1	7:11:23	1	7:11:23
Egg	8.75		9:28	473	49:27	785	50:41	86.36	8:34:15	5:57	1	8:34:15	1	8:34:15
Zumikon	12.99		6:36	451	32:47	759	38:56	99.35	10:00:10	6:02	1	10:00:10	1	10:00:10
Witikon	6.91		5:31	398	14:24	691	17:12	106.26	10:38:24	6:00	1	10:38:24	1	10:38:24
Fluntern	4.90		4:07	11	3:22	60	3:54	111.16	10:58:37	5:55	1	10:58:37	1	10:58:37
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:23	299	10:12	554	11:46	116.80	11:29:02	5:53	449	3:18:50	761	4:37:06