



38. SOLA-Stafette

Zürich / 07.05.2011

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PwC BAM 1

□□: Alumni/Ang.

□□: 450

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:14:18

□□: 11.33 km/h

□□□□: 5:15 min/km

□□□□□: 396 (of 790)

□□□□□□: 6:52:28

□□□□□: 142(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:53	450	13:07	760	14:30	4.40	30:19	6:53	1	30:19	1	30:19
Buchlern	13.25		4:33	128	12:49	318	17:19	17.65	1:30:39	5:08	1	1:30:39	1	1:30:39
Uetliberg	6.20		6:08	189	8:51	408	12:27	23.85	2:08:42	5:23	1	2:08:42	1	2:08:42
Felsenegg	5.90		4:42	58	5:11	151	7:52	29.75	2:36:31	5:15	1	2:36:31	1	2:36:31
Buchlern	14.02		5:06	237	19:53	478	23:54	43.77	3:48:13	5:12	1	3:48:13	1	3:48:13
Hönggerberg	11.10		5:52	375	23:27	658	26:08	54.87	4:53:30	5:20	1	4:53:30	1	4:53:30
Irchel	5.10		5:24	193	8:31	412	10:51	59.97	5:21:07	5:21	1	5:21:07	1	5:21:07
Fluntern	6.34		5:16	215	9:32	447	11:37	66.31	5:54:32	5:20	1	5:54:32	1	5:54:32
Forch	11.30		4:55	86	14:10	244	17:02	77.61	6:50:14	5:17	1	6:50:14	1	6:50:14
Egg	8.75		5:09	131	11:41	316	12:55	86.36	7:35:20	5:16	1	7:35:20	1	7:35:20
Zumikon	12.99		5:51	364	23:00	654	29:09	99.35	8:51:28	5:20	1	8:51:28	1	8:51:28
Witikon	6.91		4:24	98	6:35	239	9:23	106.26	9:21:53	5:17	1	9:21:53	1	9:21:53
Fluntern	4.90		5:41	294	11:03	560	11:35	111.16	9:49:47	5:18	1	9:49:47	1	9:49:47
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Irchel	5.64		4:20	35	4:18	106	5:52	116.80	10:14:18	5:15	153	2:04:06	413	3:22:22