



38. SOLA-Stafette

Zürich / 07.05.2011

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AAA-Team

□□: Alumni

□□: 491

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 8:54:33

□□: 13.02 km/h

□□□□: 4:34 min/km

□□□□□: 51 (of 790)

□□□□□□: 6:52:28

□□□□□: 2(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		3:54	1	-	8	1:23	4.40	17:12	3:54	1	17:12	1	17:12
Buchlern	13.25		4:12	30	8:11	121	12:41	17.65	1:12:54	4:07	1	1:12:54	1	1:12:54
Uetliberg	6.20		5:31	51	5:01	150	8:37	23.85	1:47:07	4:29	1	1:47:07	1	1:47:07
Felsenegg	5.90		5:40	302	10:49	555	13:30	29.75	2:20:34	4:43	1	2:20:34	1	2:20:34
Buchlern	14.02		4:23	41	9:40	137	13:41	43.77	3:22:03	4:36	1	3:22:03	1	3:22:03
Hönggerberg	11.10		5:21	235	17:43	470	20:24	54.87	4:21:36	4:46	1	4:21:36	1	4:21:36
Irchel	5.10		4:08	12	1:59	45	4:19	59.97	4:42:41	4:42	1	4:42:41	1	4:42:41
Fluntern	6.34		4:08	6	2:21	35	4:26	66.31	5:08:55	4:39	1	5:08:55	1	5:08:55
Forch	11.30		4:12	9	6:01	38	8:53	77.61	5:56:28	4:35	1	5:56:28	1	5:56:28
Egg	8.75		3:58	2	1:24	11	2:38	86.36	6:31:17	4:31	1	6:31:17	1	6:31:17
Zumikon	12.99		4:27	16	4:46	78	10:55	99.35	7:29:11	4:31	1	7:29:11	1	7:29:11
Witikon	6.91		4:30	123	7:17	290	10:05	106.26	8:00:18	4:31	1	8:00:18	1	8:00:18
Fluntern	4.90		5:07	164	8:14	382	8:46	111.16	8:25:23	4:32	1	8:25:23	1	8:25:23
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:10	230	8:57	461	10:31	116.80	8:54:33	4:34	5	44:21	55	2:02:37