



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

AAA-Team

□□: Alumni
 □□: 491

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 8:54:33

□□: 13.11 km/h
 □□□□: 4:34 min/km

□□□□□: 51 (of 790)

□□□□□□: 6:52:28

□□□□□: 2 (of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ 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 |