



38. SOLA-Stafette

Zürich / 07.05.2011

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Cross Country Hoppers

□□: Alumni
 □□: 492

□□□: 10:08:05

□□: - km/h
 □□□□: 5:12 min/km

Enduro E Bike

□□□□□: 362 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 119(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	125	5:34	290	6:57	4.40	22:46	5:10	1	22:46	1	22:46
Buchlern	13.25		4:55	282	17:51	539	22:21	17.65	1:28:08	4:59	1	1:28:08	1	1:28:08
Uetliberg	6.20		5:58	146	7:51	339	11:27	23.85	2:05:11	5:14	1	2:05:11	1	2:05:11
Felsenegg	5.90		5:18	187	8:39	393	11:20	29.75	2:36:28	5:15	1	2:36:28	1	2:36:28
Buchlern	14.02		4:34	74	12:24	207	16:25	43.77	3:40:41	5:02	1	3:40:41	1	3:40:41
Hönggerberg	11.10		5:30	281	19:22	537	22:03	54.87	4:41:53	5:08	1	4:41:53	1	4:41:53
Irchel	5.10		6:15	364	12:51	654	15:11	59.97	5:13:50	5:13	1	5:13:50	1	5:13:50
Fluntern	6.34		5:47	349	12:53	634	14:58	66.31	5:50:36	5:17	1	5:50:36	1	5:50:36
Forch	11.30		5:14	192	17:46	402	20:38	77.61	6:49:54	5:16	1	6:49:54	1	6:49:54
Egg	8.75		5:41	310	16:24	575	17:38	86.36	7:39:43	5:19	1	7:39:43	1	7:39:43
Zumikon	12.99		4:58	96	11:31	267	17:40	99.35	8:44:22	5:16	1	8:44:22	1	8:44:22
Witikon	6.91		5:08	314	11:43	578	14:31	106.26	9:19:55	5:16	1	9:19:55	1	9:19:55
Fluntern	4.90		4:35	59	5:38	185	6:10	111.16	9:42:24	5:14	1	9:42:24	1	9:42:24
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:33	74	5:28	184	7:02	-	10:08:05	-	130	1:57:53	379	3:16:09