



38. SOLA-Stafette

Zürich / 07.05.2011

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AdNovum implements Runnable !

□□□: 9:18:41

□□: Alumni

□□: 12.46 km/h

□□: 573

□□□□: 4:49 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 95 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 89(of 313)

Schnelle

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:18	184	7:34	343	7:34	4.40	23:23	5:18	1	23:23	1	23:23
Buchlern	13.25		4:02	68	10:30	84	10:30	17.65	1:16:54	4:21	1	1:16:54	1	1:16:54
Uetliberg	6.20		5:15	60	6:58	84	6:58	23.85	1:49:28	4:35	1	1:49:28	1	1:49:28
Felsenegg	5.90		4:43	95	7:55	153	7:55	29.75	2:17:20	4:36	1	2:17:20	1	2:17:20
Buchlern	14.02		4:37	144	16:58	226	16:58	43.77	3:22:06	4:37	1	3:22:06	1	3:22:06
Hönggerberg	11.10		4:04	19	6:01	23	6:01	54.87	4:07:16	4:30	1	4:07:16	1	4:07:16
Irchel	5.10		4:40	102	7:06	156	7:06	59.97	4:31:08	4:31	1	4:31:08	1	4:31:08
Fluntern	6.34		5:29	259	12:59	552	12:59	66.31	5:05:55	4:36	1	5:05:55	1	5:05:55
Forch	11.30		5:44	282	26:16	618	26:16	77.61	6:10:51	4:46	1	6:10:51	1	6:10:51
Egg	8.75		4:29	60	7:11	76	7:11	86.36	6:50:13	4:45	1	6:50:13	1	6:50:13
Zumikon	12.99		4:07	24	6:37	25	6:37	99.35	7:43:49	4:40	1	7:43:49	1	7:43:49
Witikon	6.91		5:20	282	15:54	640	15:54	106.26	8:20:45	4:42	1	8:20:45	1	8:20:45
Fluntern	4.90		4:48	166	7:14	251	7:14	111.16	8:44:18	4:42	1	8:44:18	1	8:44:18
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Irchel	5.64		6:05	305	15:44	723	15:44	116.80	9:18:41	4:46	92	2:26:45	102	2:26:45