



38. SOLA-Stafette

Zürich / 07.05.2011

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_ xundi Rundi

□□: Alumni

□□: 574

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:45:24

□□: 10.78 km/h

□□□□: 5:34 min/km

□□□□□: 599 (of 790)

□□□□□□: 6:52:28

□□□□□: 292(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	228	8:29	447	8:29	4.40	24:18	5:31	1	24:18	1	24:18
Buchlern	13.25		5:39	302	31:56	742	31:56	17.65	1:39:15	5:37	1	1:39:15	1	1:39:15
Uetliberg	6.20		7:21	299	20:01	713	20:01	23.85	2:24:52	6:04	1	2:24:52	1	2:24:52
Felsenegg	5.90		4:15	36	5:11	45	5:11	29.75	2:50:00	5:42	1	2:50:00	1	2:50:00
Buchlern	14.02		5:06	240	23:49	476	23:49	43.77	4:01:37	5:31	1	4:01:37	1	4:01:37
Hönggerberg	11.10		6:57	310	38:03	770	38:03	54.87	5:18:49	5:48	1	5:18:49	1	5:18:49
Irchel	5.10		5:36	245	11:49	475	11:49	59.97	5:47:24	5:47	1	5:47:24	1	5:47:24
Fluntern	6.34		4:50	136	8:52	215	8:52	66.31	6:18:04	5:42	1	6:18:04	1	6:18:04
Forch	11.30		5:05	187	18:55	328	18:55	77.61	7:15:39	5:36	1	7:15:39	1	7:15:39
Egg	8.75		5:25	238	15:21	464	15:21	86.36	8:03:11	5:35	1	8:03:11	1	8:03:11
Zumikon	12.99		5:53	293	29:37	665	29:37	99.35	9:19:47	5:38	1	9:19:47	1	9:19:47
Witikon	6.91		4:28	165	9:56	278	9:56	106.26	9:50:45	5:33	1	9:50:45	1	9:50:45
Fluntern	4.90		6:14	292	14:18	689	14:18	111.16	10:21:22	5:35	1	10:21:22	1	10:21:22
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Irchel	5.64		4:15	57	5:23	80	5:23	116.80	10:45:24	5:31	299	3:53:28	618	3:53:28