



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Atemlos

□□: Alumni

□□: 581

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:00:17

□□: 11.67 km/h

□□□□: 5:11 min/km

□□□□□: 305 (of 790)

□□□□□□: 6:52:28

□□□□□: 220(of 313)

□□□□□□□: 6:52:28

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□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40     |          | 5:29         | 223     | 8:22    | 438       | 8:22      | 4.40      | 24:11     | 5:29          | 1       | 24:11   | 1         | 24:11     |
| Buchlern    | 13.25    |          | 7:22         | 313     | 54:38   | 789       | 54:38     | 17.65     | 2:01:50   | 6:54          | 1       | 2:01:50 | 1         | 2:01:50   |
| Uetliberg   | 6.20     |          | 4:40         | 9       | 3:20    | 9         | 3:20      | 23.85     | 2:30:46   | 6:19          | 1       | 2:30:46 | 1         | 2:30:46   |
| Felsenegg   | 5.90     |          | 4:13         | 30      | 4:58    | 38        | 4:58      | 29.75     | 2:55:41   | 5:54          | 1       | 2:55:41 | 1         | 2:55:41   |
| Buchlern    | 14.02    |          | 4:39         | 151     | 17:29   | 241       | 17:29     | 43.77     | 4:00:58   | 5:30          | 1       | 4:00:58 | 1         | 4:00:58   |
| Hönggerberg | 11.10    |          | 4:56         | 158     | 15:39   | 275       | 15:39     | 54.87     | 4:55:46   | 5:23          | 1       | 4:55:46 | 1         | 4:55:46   |
| Irchel      | 5.10     |          | 5:59         | 278     | 13:47   | 599       | 13:47     | 59.97     | 5:26:19   | 5:26          | 1       | 5:26:19 | 1         | 5:26:19   |
| Fluntern    | 6.34     |          | 4:39         | 102     | 7:46    | 153       | 7:46      | 66.31     | 5:55:53   | 5:22          | 1       | 5:55:53 | 1         | 5:55:53   |
| Forch       | 11.30    |          | 5:03         | 178     | 18:24   | 302       | 18:24     | 77.61     | 6:52:57   | 5:19          | 1       | 6:52:57 | 1         | 6:52:57   |
| Egg         | 8.75     |          | 5:44         | 275     | 18:05   | 598       | 18:05     | 86.36     | 7:43:13   | 5:21          | 1       | 7:43:13 | 1         | 7:43:13   |
| Zumikon     | 12.99    |          | 4:31         | 73      | 11:42   | 98        | 11:42     | 99.35     | 8:41:54   | 5:15          | 1       | 8:41:54 | 1         | 8:41:54   |
| Witikon     | 6.91     |          | 4:33         | 180     | 10:28   | 314       | 10:28     | 106.26    | 9:13:24   | 5:12          | 1       | 9:13:24 | 1         | 9:13:24   |
| Fluntern    | 4.90     |          | 4:17         | 71      | 4:41    | 95        | 4:41      | 111.16    | 9:34:24   | 5:10          | 1       | 9:34:24 | 1         | 9:34:24   |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16    | -         | -             | -       | -       | -         | -         |
| Irchel      | 5.64     |          | 4:35         | 124     | 7:14    | 208       | 7:14      | 116.80    | 10:00:17  | 5:08          | 226     | 3:08:21 | 321       | 3:08:21   |