



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Auch wir könnens

□□: AWK) (Alumni  
 □□: 582

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Schnelle

□□□: 9:30:51

□□: 12.28 km/h  
 □□□□: 4:55 min/km

□□□□□: 142 (of 790)

□□□□□□: 6:52:28

□□□□□: 129(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	144	6:29	237	6:29	4.40	22:18	5:04	1	22:18	1	22:18
Buchlern	13.25		4:13	101	13:03	137	13:03	17.65	1:18:22	4:26	1	1:18:22	1	1:18:22
Uetliberg	6.20		7:06	295	18:31	690	18:31	23.85	2:02:29	5:08	1	2:02:29	1	2:02:29
Felsenegg	5.90		3:55	12	3:13	13	3:13	29.75	2:25:39	4:53	1	2:25:39	1	2:25:39
Buchlern	14.02		4:51	195	20:15	344	20:15	43.77	3:33:42	4:52	1	3:33:42	1	3:33:42
Hönggerberg	11.10		5:06	197	17:32	362	17:32	54.87	4:30:23	4:55	1	4:30:23	1	4:30:23
Irchel	5.10		5:04	167	9:05	281	9:05	59.97	4:56:14	4:56	1	4:56:14	1	4:56:14
Fluntern	6.34		5:00	179	9:56	307	9:56	66.31	5:27:58	4:56	1	5:27:58	1	5:27:58
Forch	11.30		4:46	126	15:21	180	15:21	77.61	6:21:59	4:55	1	6:21:59	1	6:21:59
Egg	8.75		4:40	82	8:39	106	8:39	86.36	7:02:49	4:53	1	7:02:49	1	7:02:49
Zumikon	12.99		4:55	160	17:03	246	17:03	99.35	8:06:51	4:54	1	8:06:51	1	8:06:51
Witikon	6.91		5:06	259	14:14	563	14:14	106.26	8:42:07	4:54	1	8:42:07	1	8:42:07
Fluntern	4.90		4:41	147	6:40	214	6:40	111.16	9:05:06	4:54	1	9:05:06	1	9:05:06
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Irchel	5.64		4:33	115	7:06	192	7:06	116.80	9:30:51	4:53	133	2:38:55	151	2:38:55