



38. SOLA-Stafette

Zürich / 07.05.2011

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Axels rambo-bambo sprinters

□□: IPEK) (Alumni

□□: 584

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:48:17

□□: 11.83 km/h

□□□□: 5:05 min/km

□□□□□: 226 (of 790)

□□□□□□: 6:52:28

□□□□□: 187(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:11	167	7:00	298	7:00	4.40	22:49	5:11	1	22:49	1	22:49
Buchlern	13.25		4:22	138	14:54	207	14:54	17.65	1:20:44	4:34	1	1:20:44	1	1:20:44
Uetliberg	6.20		6:21	239	13:50	487	13:50	23.85	2:00:10	5:02	1	2:00:10	1	2:00:10
Felsenegg	5.90		5:32	240	12:45	498	12:45	29.75	2:32:52	5:08	1	2:32:52	1	2:32:52
Buchlern	14.02		4:51	197	20:21	347	20:21	43.77	3:41:01	5:02	1	3:41:01	1	3:41:01
Hönggerberg	11.10		4:27	61	10:25	95	10:25	54.87	4:30:35	4:55	1	4:30:35	1	4:30:35
Irchel	5.10		4:17	46	5:07	64	5:07	59.97	4:52:28	4:52	1	4:52:28	1	4:52:28
Fluntern	6.34		4:40	103	7:49	156	7:49	66.31	5:22:05	4:51	1	5:22:05	1	5:22:05
Forch	11.30		4:56	159	17:09	247	17:09	77.61	6:17:54	4:52	1	6:17:54	1	6:17:54
Egg	8.75		5:34	251	16:32	522	16:32	86.36	7:06:37	4:56	1	7:06:37	1	7:06:37
Zumikon	12.99		5:29	259	24:22	524	24:22	99.35	8:17:58	5:00	1	8:17:58	1	8:17:58
Witikon	6.91		6:01	304	20:39	745	20:39	106.26	8:59:39	5:04	1	8:59:39	1	8:59:39
Fluntern	4.90		4:39	141	6:33	205	6:33	111.16	9:22:31	5:03	1	9:22:31	1	9:22:31
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Irchel	5.64		4:34	117	7:07	194	7:07	116.80	9:48:17	5:02	193	2:56:21	240	2:56:21