



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## BA LA GO

□□: Alumni

□□: 586

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:31:43

□□: 12.17 km/h

□□□□: 4:56 min/km

□□□□□: 147 (of 790)

□□□□□□: 6:52:28

□□□□□: 133(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:37	244	8:58	497	8:58	4.40	24:47	5:37	1	24:47	1	24:47
Buchlern	13.25		4:13	100	13:00	136	13:00	17.65	1:20:48	4:34	1	1:20:48	1	1:20:48
Uetliberg	6.20		5:20	74	7:30	102	7:30	23.85	1:53:54	4:46	1	1:53:54	1	1:53:54
Felsenegg	5.90		5:37	250	13:15	532	13:15	29.75	2:27:06	4:56	1	2:27:06	1	2:27:06
Buchlern	14.02		4:08	52	10:22	64	10:22	43.77	3:25:16	4:41	1	3:25:16	1	3:25:16
Hönggerberg	11.10		4:48	135	14:12	230	14:12	54.87	4:18:37	4:42	1	4:18:37	1	4:18:37
Irchel	5.10		5:18	201	10:19	365	10:19	59.97	4:45:42	4:45	1	4:45:42	1	4:45:42
Fluntern	6.34		5:08	208	10:46	372	10:46	66.31	5:18:16	4:47	1	5:18:16	1	5:18:16
Forch	11.30		5:52	292	27:48	665	27:48	77.61	6:24:44	4:57	1	6:24:44	1	6:24:44
Egg	8.75		5:33	248	16:23	514	16:23	86.36	7:13:18	5:01	1	7:13:18	1	7:13:18
Zumikon	12.99		4:48	139	15:30	207	15:30	99.35	8:15:47	4:59	1	8:15:47	1	8:15:47
Witikon	6.91		4:53	242	12:47	485	12:47	106.26	8:49:36	4:59	1	8:49:36	1	8:49:36
Fluntern	4.90		4:23	94	5:14	126	5:14	111.16	9:11:09	4:57	1	9:11:09	1	9:11:09
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Irchel	5.64		3:38	13	1:55	15	1:55	116.80	9:31:43	4:53	137	2:39:47	156	2:39:47