



38. SOLA-Stafette

Zürich / 07.05.2011

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Bodybuilder & Models

□□: Alumni

□□: 597

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:38:12

□□: 12.04 km/h

□□□□: 4:59 min/km

□□□□□: 176 (of 790)

□□□□□□: 6:52:28

□□□□□: 153(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:50	98	5:30	142	5:30	4.40	21:19	4:50	1	21:19	1	21:19
Buchlern	13.25		5:02	275	23:53	590	23:53	17.65	1:28:13	4:59	1	1:28:13	1	1:28:13
Uetliberg	6.20		5:53	176	10:56	296	10:56	23.85	2:04:45	5:13	1	2:04:45	1	2:04:45
Felsenegg	5.90		4:24	53	6:04	66	6:04	29.75	2:30:46	5:04	1	2:30:46	1	2:30:46
Buchlern	14.02		4:50	189	20:07	334	20:07	43.77	3:38:41	4:59	1	3:38:41	1	3:38:41
Hönggerberg	11.10		4:30	65	10:59	104	10:59	54.87	4:28:49	4:53	1	4:28:49	1	4:28:49
Irchel	5.10		5:00	159	8:48	266	8:48	59.97	4:54:23	4:54	1	4:54:23	1	4:54:23
Fluntern	6.34		4:22	55	5:57	74	5:57	66.31	5:22:08	4:51	1	5:22:08	1	5:22:08
Forch	11.30		4:13	34	9:07	44	9:07	77.61	6:09:55	4:45	1	6:09:55	1	6:09:55
Egg	8.75		5:00	155	11:36	244	11:36	86.36	6:53:42	4:47	1	6:53:42	1	6:53:42
Zumikon	12.99		6:34	308	38:30	756	38:30	99.35	8:19:11	5:01	1	8:19:11	1	8:19:11
Witikon	6.91		4:10	89	7:51	140	7:51	106.26	8:48:04	4:58	1	8:48:04	1	8:48:04
Fluntern	4.90		4:54	179	7:43	284	7:43	111.16	9:12:06	4:58	1	9:12:06	1	9:12:06
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Irchel	5.64		4:37	134	7:27	227	7:27	116.80	9:38:12	4:57	157	2:46:16	186	2:46:16