



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Bosch - Anker und Läufer

□□: Alumni

□□: 598

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:35:59

□□: 12.08 km/h

□□□□: 4:58 min/km

□□□□□: 163 (of 790)

□□□□□□: 6:52:28

□□□□□: 145(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:29	52	3:58	73	3:58	4.40	19:47	4:29	1	19:47	1	19:47
Buchlern	13.25		4:36	199	18:04	342	18:04	17.65	1:20:52	4:34	1	1:20:52	1	1:20:52
Uetliberg	6.20		7:25	301	20:26	722	20:26	23.85	2:06:54	5:19	1	2:06:54	1	2:06:54
Felsenegg	5.90		5:17	206	11:14	387	11:14	29.75	2:38:05	5:18	1	2:38:05	1	2:38:05
Buchlern	14.02		4:49	181	19:55	322	19:55	43.77	3:45:48	5:09	1	3:45:48	1	3:45:48
Hönggerberg	11.10		4:58	163	16:00	287	16:00	54.87	4:40:57	5:07	1	4:40:57	1	4:40:57
Irchel	5.10		5:21	212	10:33	389	10:33	59.97	5:08:16	5:08	1	5:08:16	1	5:08:16
Fluntern	6.34		4:46	120	8:29	185	8:29	66.31	5:38:33	5:06	1	5:38:33	1	5:38:33
Forch	11.30		4:56	161	17:15	252	17:15	77.61	6:34:28	5:04	1	6:34:28	1	6:34:28
Egg	8.75		4:26	48	6:39	61	6:39	86.36	7:13:18	5:01	1	7:13:18	1	7:13:18
Zumikon	12.99		4:55	158	16:55	244	16:55	99.35	8:17:12	5:00	1	8:17:12	1	8:17:12
Witikon	6.91		3:54	44	6:00	61	6:00	106.26	8:44:14	4:56	1	8:44:14	1	8:44:14
Fluntern	4.90		4:23	93	5:12	125	5:12	111.16	9:05:45	4:54	1	9:05:45	1	9:05:45
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:21	253	11:35	543	11:35	116.80	9:35:59	4:55	149	2:44:03	172	2:44:03