



38. SOLA-Stafette

Zürich / 07.05.2011

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Brownsche Spaziergänger S

□□: Alumni

□□: 599

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:51:03

□□: 13.11 km/h

□□□□: 4:35 min/km

□□□□□: 47 (of 790)

□□□□□□: 6:52:28

□□□□□: 46(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		4:19	36	3:15	46	3:15	4.40	19:04	4:19	1	19:04	1	19:04
Buchlern	13.25		4:05	74	11:12	94	11:12	17.65	1:13:17	4:09	1	1:13:17	1	1:13:17
Uetliberg	6.20		5:34	113	8:57	170	8:57	23.85	1:47:50	4:31	1	1:47:50	1	1:47:50
Felsenegg	5.90		4:45	103	8:08	166	8:08	29.75	2:15:55	4:34	1	2:15:55	1	2:15:55
Buchlern	14.02		4:13	69	11:29	89	11:29	43.77	3:15:12	4:27	1	3:15:12	1	3:15:12
Hönggerberg	11.10		5:03	183	16:55	329	16:55	54.87	4:11:16	4:34	1	4:11:16	1	4:11:16
Irchel	5.10		5:23	214	10:42	399	10:42	59.97	4:38:44	4:38	1	4:38:44	1	4:38:44
Fluntern	6.34		4:28	75	6:37	104	6:37	66.31	5:07:09	4:37	1	5:07:09	1	5:07:09
Forch	11.30		4:36	94	13:29	130	13:29	77.61	5:59:18	4:37	1	5:59:18	1	5:59:18
Egg	8.75		4:08	18	4:02	21	4:02	86.36	6:35:31	4:34	1	6:35:31	1	6:35:31
Zumikon	12.99		4:10	29	7:17	31	7:17	99.35	7:29:47	4:31	1	7:29:47	1	7:29:47
Witikon	6.91		4:20	130	9:01	216	9:01	106.26	7:59:50	4:30	1	7:59:50	1	7:59:50
Fluntern	4.90		4:23	92	5:10	124	5:10	111.16	8:21:19	4:30	1	8:21:19	1	8:21:19
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:16	242	11:05	508	11:05	116.80	8:51:03	4:32	47	1:59:07	51	1:59:07