



38. SOLA-Stafette

Zürich / 07.05.2011

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CMS Cool Masters of Sport

□□: Alumni

□□: 607

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:25:10

□□: 11.13 km/h

□□□□: 5:24 min/km

□□□□□: 475 (of 790)

□□□□□□: 6:52:28

□□□□□: 274(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:25	298	12:26	711	12:26	4.40	28:15	6:25	1	28:15	1	28:15
Buchlern	13.25		4:26	154	15:50	241	15:50	17.65	1:27:06	4:56	1	1:27:06	1	1:27:06
Uetliberg	6.20		6:30	255	14:45	546	14:45	23.85	2:07:27	5:20	1	2:07:27	1	2:07:27
Felsenegg	5.90		5:33	243	12:51	508	12:51	29.75	2:40:15	5:23	1	2:40:15	1	2:40:15
Buchlern	14.02		4:56	213	21:22	390	21:22	43.77	3:49:25	5:14	1	3:49:25	1	3:49:25
Hönggerberg	11.10		4:59	172	16:14	302	16:14	54.87	4:44:48	5:11	1	4:44:48	1	4:44:48
Irchel	5.10		5:28	229	11:11	435	11:11	59.97	5:12:45	5:12	1	5:12:45	1	5:12:45
Fluntern	6.34		5:28	255	12:55	544	12:55	66.31	5:47:28	5:14	1	5:47:28	1	5:47:28
Forch	11.30		5:32	259	23:53	545	23:53	77.61	6:50:01	5:16	1	6:50:01	1	6:50:01
Egg	8.75		5:38	258	17:14	554	17:14	86.36	7:39:26	5:19	1	7:39:26	1	7:39:26
Zumikon	12.99		5:57	298	30:20	678	30:20	99.35	8:56:45	5:24	1	8:56:45	1	8:56:45
Witikon	6.91		4:15	107	8:24	167	8:24	106.26	9:26:11	5:19	1	9:26:11	1	9:26:11
Fluntern	4.90		5:55	281	12:45	628	12:45	111.16	9:55:15	5:21	1	9:55:15	1	9:55:15
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Irchel	5.64		5:18	247	11:16	525	11:16	116.80	10:25:10	5:21	281	3:33:14	492	3:33:14