



38. SOLA-Stafette

Zürich / 07.05.2011

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Die Aufsteiger

□□: Alumni

□□: 616

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:31:40

□□: 12.17 km/h

□□□□: 4:56 min/km

□□□□□: 145 (of 790)

□□□□□□: 6:52:28

□□□□□: 131(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:17	28	3:02	32	3:02	4.40	18:51	4:17	1	18:51	1	18:51
Buchlern	13.25		5:00	265	23:15	569	23:15	17.65	1:25:07	4:49	1	1:25:07	1	1:25:07
Uetliberg	6.20		5:08	45	6:15	57	6:15	23.85	1:56:58	4:54	1	1:56:58	1	1:56:58
Felsenegg	5.90		5:34	244	12:54	513	12:54	29.75	2:29:49	5:02	1	2:29:49	1	2:29:49
Buchlern	14.02		4:38	148	17:17	234	17:17	43.77	3:34:54	4:54	1	3:34:54	1	3:34:54
Hönggerberg	11.10		5:08	202	17:54	374	17:54	54.87	4:31:57	4:57	1	4:31:57	1	4:31:57
Irchel	5.10		4:57	152	8:32	250	8:32	59.97	4:57:15	4:57	1	4:57:15	1	4:57:15
Fluntern	6.34		4:40	105	7:51	158	7:51	66.31	5:26:54	4:55	1	5:26:54	1	5:26:54
Forch	11.30		5:09	198	19:35	353	19:35	77.61	6:25:09	4:57	1	6:25:09	1	6:25:09
Egg	8.75		5:21	222	14:40	426	14:40	86.36	7:12:00	5:00	1	7:12:00	1	7:12:00
Zumikon	12.99		4:43	121	14:25	170	14:25	99.35	8:13:24	4:57	1	8:13:24	1	8:13:24
Witikon	6.91		4:26	151	9:37	256	9:37	106.26	8:44:03	4:55	1	8:44:03	1	8:44:03
Fluntern	4.90		4:21	81	5:03	112	5:03	111.16	9:05:25	4:54	1	9:05:25	1	9:05:25
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Irchel	5.64		4:39	138	7:36	235	7:36	116.80	9:31:40	4:53	135	2:39:44	154	2:39:44