



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Die Turbo-Turnschuh-Truppe

□□: Alumni

□□: 619

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:16:08

□□: 11.30 km/h

□□□□: 5:19 min/km

□□□□□: 408 (of 790)

□□□□□□: 6:52:28

□□□□□: 259(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:46	261	9:36	550	9:36	4.40	25:25	5:46	1	25:25	1	25:25
Buchlern	13.25		4:54	254	22:02	522	22:02	17.65	1:30:28	5:07	1	1:30:28	1	1:30:28
Uetliberg	6.20		6:12	225	12:56	440	12:56	23.85	2:09:00	5:24	1	2:09:00	1	2:09:00
Felsenegg	5.90		5:18	207	11:21	394	11:21	29.75	2:40:18	5:23	1	2:40:18	1	2:40:18
Buchlern	14.02		6:54	311	49:09	780	49:09	43.77	4:17:15	5:52	1	4:17:15	1	4:17:15
Hönggerberg	11.10		4:28	62	10:33	96	10:33	54.87	5:06:57	5:35	1	5:06:57	1	5:06:57
Irchel	5.10		5:16	194	10:06	350	10:06	59.97	5:33:49	5:33	1	5:33:49	1	5:33:49
Fluntern	6.34		5:06	198	10:36	351	10:36	66.31	6:06:13	5:31	1	6:06:13	1	6:06:13
Forch	11.30		4:16	43	9:44	53	9:44	77.61	6:54:37	5:20	1	6:54:37	1	6:54:37
Egg	8.75		4:54	132	10:50	203	10:50	86.36	7:37:38	5:17	1	7:37:38	1	7:37:38
Zumikon	12.99		5:16	225	21:38	418	21:38	99.35	8:46:15	5:17	1	8:46:15	1	8:46:15
Witikon	6.91		5:09	267	14:39	584	14:39	106.26	9:21:56	5:17	1	9:21:56	1	9:21:56
Fluntern	4.90		4:42	151	6:46	221	6:46	111.16	9:45:01	5:15	1	9:45:01	1	9:45:01
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:31	269	12:28	596	12:28	116.80	10:16:08	5:16	265	3:24:12	425	3:24:12