



# 38. SOLA-Stafette

Zürich / 07.05.2011

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entkalkt und rostfrei

□□: Alumni

□□: 625

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:13:13

□□: 12.58 km/h

□□□□: 4:46 min/km

□□□□□: 83 (of 790)

□□□□□□: 6:52:28

□□□□□: 78(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:01	132	6:17	217	6:17	4.40	22:06	5:01	1	22:06	1	22:06
Buchlern	13.25		4:03	70	10:40	89	10:40	17.65	1:15:47	4:17	1	1:15:47	1	1:15:47
Uetliberg	6.20		5:47	157	10:19	258	10:19	23.85	1:51:42	4:41	1	1:51:42	1	1:51:42
Felsenegg	5.90		4:29	63	6:33	79	6:33	29.75	2:18:12	4:38	1	2:18:12	1	2:18:12
Buchlern	14.02		5:13	260	25:34	535	25:34	43.77	3:31:34	4:50	1	3:31:34	1	3:31:34
Hönggerberg	11.10		4:40	98	12:45	159	12:45	54.87	4:23:28	4:48	1	4:23:28	1	4:23:28
Irchel	5.10		4:36	84	6:43	124	6:43	59.97	4:46:57	4:47	1	4:46:57	1	4:46:57
Fluntern	6.34		4:34	87	7:14	126	7:14	66.31	5:15:59	4:45	1	5:15:59	1	5:15:59
Forch	11.30		5:02	177	18:19	296	18:19	77.61	6:12:58	4:48	1	6:12:58	1	6:12:58
Egg	8.75		4:12	28	4:40	34	4:40	86.36	6:49:49	4:44	1	6:49:49	1	6:49:49
Zumikon	12.99		5:21	237	22:40	454	22:40	99.35	7:59:28	4:49	1	7:59:28	1	7:59:28
Witikon	6.91		4:00	58	6:40	80	6:40	106.26	8:27:10	4:46	1	8:27:10	1	8:27:10
Fluntern	4.90		4:32	112	5:55	161	5:55	111.16	8:49:24	4:45	1	8:49:24	1	8:49:24
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Irchel	5.64		4:13	53	5:10	73	5:10	116.80	9:13:13	4:44	81	2:21:17	90	2:21:17