



38. SOLA-Stafette

Zürich / 07.05.2011

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ERNSTFALL 1

□□: Alumni

□□: 629

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:31:42

□□: 12.17 km/h

□□□□: 4:56 min/km

□□□□□: 146 (of 790)

□□□□□□: 6:52:28

□□□□□: 132(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	201	7:51	381	7:51	4.40	23:40	5:22	1	23:40	1	23:40
Buchlern	13.25		4:23	141	15:06	214	15:06	17.65	1:21:47	4:38	1	1:21:47	1	1:21:47
Uetliberg	6.20		6:25	245	14:13	514	14:13	23.85	2:01:36	5:05	1	2:01:36	1	2:01:36
Felsenegg	5.90		5:03	172	9:53	303	9:53	29.75	2:31:26	5:05	1	2:31:26	1	2:31:26
Buchlern	14.02		4:59	225	22:14	428	22:14	43.77	3:41:28	5:03	1	3:41:28	1	3:41:28
Hönggerberg	11.10		4:52	147	15:03	252	15:03	54.87	4:35:40	5:01	1	4:35:40	1	4:35:40
Irchel	5.10		4:16	44	5:04	62	5:04	59.97	4:57:30	4:57	1	4:57:30	1	4:57:30
Fluntern	6.34		4:52	147	9:07	236	9:07	66.31	5:28:25	4:57	1	5:28:25	1	5:28:25
Forch	11.30		4:37	98	13:40	135	13:40	77.61	6:20:45	4:54	1	6:20:45	1	6:20:45
Egg	8.75		5:38	257	17:07	553	17:07	86.36	7:10:03	4:58	1	7:10:03	1	7:10:03
Zumikon	12.99		4:33	87	12:14	115	12:14	99.35	8:09:16	4:55	1	8:09:16	1	8:09:16
Witikon	6.91		4:24	144	9:28	244	9:28	106.26	8:39:46	4:53	1	8:39:46	1	8:39:46
Fluntern	4.90		6:23	302	15:01	720	15:01	111.16	9:11:06	4:57	1	9:11:06	1	9:11:06
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Irchel	5.64		3:39	15	1:57	17	1:57	116.80	9:31:42	4:53	136	2:39:46	155	2:39:46