



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Flunties

□□: Alumni

□□: 637

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:02:16

□□: 11.56 km/h

□□□□: 5:12 min/km

□□□□□: 322 (of 790)

□□□□□□: 6:52:28

□□□□□: 228(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:47	90	5:14	133	5:14	4.40	21:03	4:47	1	21:03	1	21:03
Buchlern	13.25		5:00	267	23:27	575	23:27	17.65	1:27:31	4:57	1	1:27:31	1	1:27:31
Uetliberg	6.20		5:58	195	11:28	341	11:28	23.85	2:04:35	5:13	1	2:04:35	1	2:04:35
Felsenegg	5.90		6:08	292	16:18	693	16:18	29.75	2:40:50	5:24	1	2:40:50	1	2:40:50
Buchlern	14.02		5:06	241	23:52	477	23:52	43.77	3:52:30	5:18	1	3:52:30	1	3:52:30
Hönggerberg	11.10		5:21	235	20:22	469	20:22	54.87	4:52:01	5:19	1	4:52:01	1	4:52:01
Irchel	5.10		4:58	155	8:38	256	8:38	59.97	5:17:25	5:17	1	5:17:25	1	5:17:25
Fluntern	6.34		4:46	124	8:31	191	8:31	66.31	5:47:44	5:14	1	5:47:44	1	5:47:44
Forch	11.30		5:21	235	21:58	461	21:58	77.61	6:48:22	5:15	1	6:48:22	1	6:48:22
Egg	8.75		5:20	219	14:34	420	14:34	86.36	7:35:07	5:16	1	7:35:07	1	7:35:07
Zumikon	12.99		4:52	154	16:23	235	16:23	99.35	8:38:29	5:13	1	8:38:29	1	8:38:29
Witikon	6.91		4:43	215	11:35	402	11:35	106.26	9:11:06	5:11	1	9:11:06	1	9:11:06
Fluntern	4.90		4:49	171	7:19	259	7:19	111.16	9:34:44	5:10	1	9:34:44	1	9:34:44
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:52	181	8:53	331	8:53	116.80	10:02:16	5:09	234	3:10:20	338	3:10:20