



38. SOLA-Stafette

Zürich / 07.05.2011

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Grän

□□: Alumni

□□: 643

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:52:36

□□: 11.83 km/h

□□□□: 5:07 min/km

□□□□□: 249 (of 790)

□□□□□□: 6:52:28

□□□□□: 196(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:59	126	6:10	208	6:10	4.40	21:59	4:59	1	21:59	1	21:59
Buchlern	13.25		4:54	254	22:02	522	22:02	17.65	1:27:02	4:55	1	1:27:02	1	1:27:02
Uetliberg	6.20		5:52	173	10:52	289	10:52	23.85	2:03:30	5:10	1	2:03:30	1	2:03:30
Felsenegg	5.90		4:53	134	8:54	223	8:54	29.75	2:32:21	5:07	1	2:32:21	1	2:32:21
Buchlern	14.02		5:02	233	22:56	449	22:56	43.77	3:43:05	5:05	1	3:43:05	1	3:43:05
Hönggerberg	11.10		5:04	189	17:11	343	17:11	54.87	4:39:25	5:05	1	4:39:25	1	4:39:25
Irchel	5.10		4:49	124	7:49	200	7:49	59.97	5:04:00	5:04	1	5:04:00	1	5:04:00
Fluntern	6.34		6:03	295	16:36	686	16:36	66.31	5:42:24	5:09	1	5:42:24	1	5:42:24
Forch	11.30		4:54	152	16:49	233	16:49	77.61	6:37:53	5:07	1	6:37:53	1	6:37:53
Egg	8.75		5:13	196	13:35	346	13:35	86.36	7:23:39	5:08	1	7:23:39	1	7:23:39
Zumikon	12.99		5:10	208	20:20	365	20:20	99.35	8:30:58	5:08	1	8:30:58	1	8:30:58
Witikon	6.91		4:13	98	8:12	153	8:12	106.26	9:00:12	5:05	1	9:00:12	1	9:00:12
Fluntern	4.90		4:49	172	7:21	260	7:21	111.16	9:23:52	5:04	1	9:23:52	1	9:23:52
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:05	214	10:05	422	10:05	116.80	9:52:36	5:04	202	3:00:40	263	3:00:40