



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ils currifils dalla bassa

□□: Alumni

□□: 649

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:47:27

□□: 11.85 km/h

□□□□: 5:04 min/km

□□□□□: 222 (of 790)

□□□□□□: 6:52:28

□□□□□: 184(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:35	237	8:48	479	8:48	4.40	24:37	5:35	1	24:37	1	24:37
Buchlern	13.25		5:13	286	26:07	651	26:07	17.65	1:33:45	5:18	1	1:33:45	1	1:33:45
Uetliberg	6.20		5:38	129	9:20	198	9:20	23.85	2:08:41	5:23	1	2:08:41	1	2:08:41
Felsenegg	5.90		4:32	68	6:48	88	6:48	29.75	2:35:26	5:13	1	2:35:26	1	2:35:26
Buchlern	14.02		5:26	282	28:33	621	28:33	43.77	3:51:47	5:17	1	3:51:47	1	3:51:47
Hönggerberg	11.10		4:25	53	10:02	86	10:02	54.87	4:40:58	5:07	1	4:40:58	1	4:40:58
Irchel	5.10		4:52	133	8:06	218	8:06	59.97	5:05:50	5:05	1	5:05:50	1	5:05:50
Fluntern	6.34		4:24	62	6:07	83	6:07	66.31	5:33:45	5:01	1	5:33:45	1	5:33:45
Forch	11.30		5:48	289	27:02	642	27:02	77.61	6:39:27	5:08	1	6:39:27	1	6:39:27
Egg	8.75		4:50	116	10:07	172	10:07	86.36	7:21:45	5:06	1	7:21:45	1	7:21:45
Zumikon	12.99		4:27	61	10:50	75	10:50	99.35	8:19:34	5:01	1	8:19:34	1	8:19:34
Witikon	6.91		4:58	248	13:19	516	13:19	106.26	8:53:55	5:01	1	8:53:55	1	8:53:55
Fluntern	4.90		5:39	266	11:27	553	11:27	111.16	9:21:41	5:03	1	9:21:41	1	9:21:41
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Irchel	5.64		4:34	117	7:07	194	7:07	116.80	9:47:27	5:01	190	2:55:31	235	2:55:31