



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Joels Badwasser

□□: Alumni

□□: 652

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:56:58

□□: 12.96 km/h

□□□□: 4:38 min/km

□□□□□: 54 (of 790)

□□□□□□: 6:52:28

□□□□□: 52(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	104	5:50	169	5:50	4.40	21:39	4:55	1	21:39	1	21:39
Buchlern	13.25		4:23	145	15:12	220	15:12	17.65	1:19:52	4:31	1	1:19:52	1	1:19:52
Uetliberg	6.20		5:54	180	11:01	304	11:01	23.85	1:56:29	4:53	1	1:56:29	1	1:56:29
Felsenegg	5.90		4:43	99	7:58	159	7:58	29.75	2:24:24	4:51	1	2:24:24	1	2:24:24
Buchlern	14.02		4:10	58	10:47	74	10:47	43.77	3:22:59	4:38	1	3:22:59	1	3:22:59
Hönggerberg	11.10		5:11	209	18:27	394	18:27	54.87	4:20:35	4:44	1	4:20:35	1	4:20:35
Irchel	5.10		5:36	246	11:50	477	11:50	59.97	4:49:11	4:49	1	4:49:11	1	4:49:11
Fluntern	6.34		4:57	162	9:35	271	9:35	66.31	5:20:34	4:50	1	5:20:34	1	5:20:34
Forch	11.30		4:02	19	6:59	21	6:59	77.61	6:06:13	4:43	1	6:06:13	1	6:06:13
Egg	8.75		4:19	36	5:42	46	5:42	86.36	6:44:06	4:40	1	6:44:06	1	6:44:06
Zumikon	12.99		4:30	70	11:40	95	11:40	99.35	7:42:45	4:39	1	7:42:45	1	7:42:45
Witikon	6.91		4:19	123	8:48	204	8:48	106.26	8:12:35	4:38	1	8:12:35	1	8:12:35
Fluntern	4.90		3:41	15	1:48	19	1:48	111.16	8:30:42	4:35	1	8:30:42	1	8:30:42
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Irchel	5.64		4:39	139	7:37	238	7:37	116.80	8:56:58	4:35	53	2:05:02	58	2:05:02