



38. SOLA-Stafette

Zürich / 07.05.2011

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Joggair

□□: Alumni
□□: 653

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:50:38

□□: 11.78 km/h
□□□□: 5:06 min/km

□□□□□: 238 (of 790)

□□□□□□: 6:52:28

□□□□□: 191 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:24	40	3:33	51	3:33	4.40	19:22	4:24	1	19:22	1	19:22
Buchlern	13.25		4:01	62	10:18	77	10:18	17.65	1:12:41	4:07	1	1:12:41	1	1:12:41
Uetliberg	6.20		5:19	70	7:26	98	7:26	23.85	1:45:43	4:25	1	1:45:43	1	1:45:43
Felsenegg	5.90		4:14	32	5:06	41	5:06	29.75	2:10:46	4:23	1	2:10:46	1	2:10:46
Buchlern	14.02		5:48	296	33:39	692	33:39	43.77	3:32:13	4:50	1	3:32:13	1	3:32:13
Hönggerberg	11.10		4:53	149	15:11	257	15:11	54.87	4:26:33	4:51	1	4:26:33	1	4:26:33
Irchel	5.10		7:58	311	23:53	779	23:53	59.97	5:07:12	5:07	1	5:07:12	1	5:07:12
Fluntern	6.34		5:38	273	13:56	596	13:56	66.31	5:42:56	5:10	1	5:42:56	1	5:42:56
Forch	11.30		5:18	221	21:14	430	21:14	77.61	6:42:50	5:11	1	6:42:50	1	6:42:50
Egg	8.75		5:18	210	14:12	389	14:12	86.36	7:29:13	5:12	1	7:29:13	1	7:29:13
Zumikon	12.99		4:25	55	10:34	68	10:34	99.35	8:26:46	5:06	1	8:26:46	1	8:26:46
Witikon	6.91		4:30	167	10:04	288	10:04	106.26	8:57:52	5:03	1	8:57:52	1	8:57:52
Fluntern	4.90		4:31	109	5:52	156	5:52	111.16	9:20:03	5:02	1	9:20:03	1	9:20:03
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Irchel	5.64		5:25	258	11:56	565	11:56	116.80	9:50:38	5:03	197	2:58:42	252	2:58:42