



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Kanti Baden

□□: Alumni

□□: 658

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:59:53

□□: 11.68 km/h

□□□□: 5:11 min/km

□□□□□: 301 (of 790)

□□□□□□: 6:52:28

□□□□□: 218(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:29	221	8:19	432	8:19	4.40	24:08	5:29	1	24:08	1	24:08
Buchlern	13.25		5:25	293	28:51	699	28:51	17.65	1:36:00	5:26	1	1:36:00	1	1:36:00
Uetliberg	6.20		6:31	257	14:49	549	14:49	23.85	2:16:25	5:43	1	2:16:25	1	2:16:25
Felsenegg	5.90		5:13	197	10:52	362	10:52	29.75	2:47:14	5:37	1	2:47:14	1	2:47:14
Buchlern	14.02		4:42	160	18:06	262	18:06	43.77	3:53:08	5:19	1	3:53:08	1	3:53:08
Hönggerberg	11.10		4:56	157	15:38	273	15:38	54.87	4:47:55	5:14	1	4:47:55	1	4:47:55
Irchel	5.10		5:29	233	11:14	441	11:14	59.97	5:15:55	5:16	1	5:15:55	1	5:15:55
Fluntern	6.34		4:33	85	7:07	124	7:07	66.31	5:44:50	5:12	1	5:44:50	1	5:44:50
Forch	11.30		5:55	296	28:14	673	28:14	77.61	6:51:44	5:18	1	6:51:44	1	6:51:44
Egg	8.75		5:02	165	11:59	268	11:59	86.36	7:35:54	5:16	1	7:35:54	1	7:35:54
Zumikon	12.99		4:35	95	12:45	128	12:45	99.35	8:35:38	5:11	1	8:35:38	1	8:35:38
Witikon	6.91		4:28	164	9:51	277	9:51	106.26	9:06:31	5:08	1	9:06:31	1	9:06:31
Fluntern	4.90		4:35	128	6:13	188	6:13	111.16	9:29:03	5:07	1	9:29:03	1	9:29:03
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Irchel	5.64		5:28	262	12:11	576	12:11	116.80	9:59:53	5:08	224	3:07:57	317	3:07:57