



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Laufwunder

□□: Alumni  
□□: 666

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 9:33:19

□□: 12.14 km/h  
□□□□: 4:57 min/km

□□□□□: 153 (of 790)

□□□□□□: 6:52:28

□□□□□: 138(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:49	91	5:23	135	5:23	4.40	21:12	4:49	1	21:12	1	21:12
Buchlern	13.25		3:42	18	6:09	20	6:09	17.65	1:10:22	3:59	1	1:10:22	1	1:10:22
Uetliberg	6.20		5:21	78	7:39	109	7:39	23.85	1:43:37	4:20	1	1:43:37	1	1:43:37
Felsenegg	5.90		6:31	301	18:34	732	18:34	29.75	2:22:08	4:46	1	2:22:08	1	2:22:08
Buchlern	14.02		6:14	308	39:46	757	39:46	43.77	3:49:42	5:14	1	3:49:42	1	3:49:42
Hönggerberg	11.10		4:54	154	15:25	268	15:25	54.87	4:44:16	5:10	1	4:44:16	1	4:44:16
Irchel	5.10		6:09	286	14:40	633	14:40	59.97	5:15:42	5:15	1	5:15:42	1	5:15:42
Fluntern	6.34		4:04	24	4:02	27	4:02	66.31	5:41:32	5:09	1	5:41:32	1	5:41:32
Forch	11.30		4:13	35	9:09	45	9:09	77.61	6:29:21	5:01	1	6:29:21	1	6:29:21
Egg	8.75		5:19	215	14:26	411	14:26	86.36	7:15:58	5:02	1	7:15:58	1	7:15:58
Zumikon	12.99		4:25	57	10:36	70	10:36	99.35	8:13:33	4:58	1	8:13:33	1	8:13:33
Witikon	6.91		4:07	81	7:31	125	7:31	106.26	8:42:06	4:54	1	8:42:06	1	8:42:06
Fluntern	4.90		5:12	230	9:13	421	9:13	111.16	9:07:38	4:55	1	9:07:38	1	9:07:38
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Irchel	5.64		4:33	111	7:02	184	7:02	116.80	9:33:19	4:54	142	2:41:23	162	2:41:23