



38. SOLA-Stafette

Zürich / 07.05.2011

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Leisure Club

□□: Alumni

□□: 668

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:07:11

□□: 14.29 km/h

□□□□: 4:12 min/km

□□□□□: 19 (of 790)

□□□□□□: 6:52:28

□□□□□: 19(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:18	32	3:10	40	3:10	4.40	18:59	4:18	1	18:59	1	18:59
Buchlern	13.25		3:50	31	7:59	36	7:59	17.65	1:09:59	3:57	1	1:09:59	1	1:09:59
Uetliberg	6.20		5:19	67	7:24	95	7:24	23.85	1:42:59	4:19	1	1:42:59	1	1:42:59
Felsenegg	5.90		4:22	48	5:51	61	5:51	29.75	2:08:47	4:19	1	2:08:47	1	2:08:47
Buchlern	14.02		3:40	10	3:41	10	3:41	43.77	3:00:16	4:07	1	3:00:16	1	3:00:16
Hönggerberg	11.10		4:11	28	7:27	38	7:27	54.87	3:46:52	4:08	1	3:46:52	1	3:46:52
Irchel	5.10		4:21	50	5:27	69	5:27	59.97	4:09:05	4:09	1	4:09:05	1	4:09:05
Fluntern	6.34		4:58	167	9:42	281	9:42	66.31	4:40:35	4:13	1	4:40:35	1	4:40:35
Forch	11.30		4:14	38	9:21	48	9:21	77.61	5:28:36	4:14	1	5:28:36	1	5:28:36
Egg	8.75		4:08	21	4:05	24	4:05	86.36	6:04:52	4:13	1	6:04:52	1	6:04:52
Zumikon	12.99		4:13	36	7:55	39	7:55	99.35	6:59:46	4:13	1	6:59:46	1	6:59:46
Witikon	6.91		3:43	31	4:43	37	4:43	106.26	7:25:31	4:11	1	7:25:31	1	7:25:31
Fluntern	4.90		3:58	37	3:12	43	3:12	111.16	7:45:02	4:11	1	7:45:02	1	7:45:02
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Irchel	5.64		3:55	29	3:30	33	3:30	116.80	8:07:11	4:10	20	1:15:15	20	1:15:15