



38. SOLA-Stafette

Zürich / 07.05.2011

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Lieber spät als nie

□□: Alumni

□□: 670

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:58:51

□□: 11.62 km/h

□□□□: 5:10 min/km

□□□□□: 291 (of 790)

□□□□□□: 6:52:28

□□□□□: 215(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:30	55	4:01	76	4:01	4.40	19:50	4:30	1	19:50	1	19:50
Buchlern	13.25		4:20	133	14:35	195	14:35	17.65	1:17:26	4:23	1	1:17:26	1	1:17:26
Uetliberg	6.20		6:26	248	14:18	519	14:18	23.85	1:57:20	4:55	1	1:57:20	1	1:57:20
Felsenegg	5.90		5:25	222	12:02	437	12:02	29.75	2:29:19	5:01	1	2:29:19	1	2:29:19
Buchlern	14.02		4:55	211	21:19	386	21:19	43.77	3:38:26	4:59	1	3:38:26	1	3:38:26
Hönggerberg	11.10		4:34	79	11:43	130	11:43	54.87	4:29:18	4:54	1	4:29:18	1	4:29:18
Irchel	5.10		4:10	35	4:30	47	4:30	59.97	4:50:34	4:50	1	4:50:34	1	4:50:34
Fluntern	6.34		4:59	176	9:53	302	9:53	66.31	5:22:15	4:51	1	5:22:15	1	5:22:15
Forch	11.30		5:41	278	25:40	598	25:40	77.61	6:26:35	4:58	1	6:26:35	1	6:26:35
Egg	8.75		5:19	212	14:21	403	14:21	86.36	7:13:07	5:00	1	7:13:07	1	7:13:07
Zumikon	12.99		5:42	281	27:14	598	27:14	99.35	8:27:20	5:06	1	8:27:20	1	8:27:20
Witikon	6.91		5:40	298	18:14	708	18:14	106.26	9:06:36	5:08	1	9:06:36	1	9:06:36
Fluntern	4.90		4:51	176	7:30	272	7:30	111.16	9:30:25	5:07	1	9:30:25	1	9:30:25
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:02	205	9:47	405	9:47	116.80	9:58:51	5:07	221	3:06:55	307	3:06:55