



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Lightspeedies

□□: Alumni  
□□: 671

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 10:10:49

□□: 11.39 km/h  
□□□□: 5:16 min/km

□□□□□: 381 (of 790)

□□□□□□: 6:52:28

□□□□□: 250(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:01	272	10:41	628	10:41	4.40	26:30	6:01	1	26:30	1	26:30
Buchlern	13.25		4:39	208	18:36	363	18:36	17.65	1:28:07	4:59	1	1:28:07	1	1:28:07
Uetliberg	6.20		6:04	208	12:05	382	12:05	23.85	2:05:48	5:16	1	2:05:48	1	2:05:48
Felsenegg	5.90		5:43	258	13:51	571	13:51	29.75	2:39:36	5:21	1	2:39:36	1	2:39:36
Buchlern	14.02		4:43	162	18:22	270	18:22	43.77	3:45:46	5:09	1	3:45:46	1	3:45:46
Hönggerberg	11.10		4:52	146	15:01	251	15:01	54.87	4:39:56	5:06	1	4:39:56	1	4:39:56
Irchel	5.10		5:04	168	9:06	283	9:06	59.97	5:05:48	5:05	1	5:05:48	1	5:05:48
Fluntern	6.34		5:10	217	11:01	394	11:01	66.31	5:38:37	5:06	1	5:38:37	1	5:38:37
Forch	11.30		5:33	267	24:10	558	24:10	77.61	6:41:27	5:10	1	6:41:27	1	6:41:27
Egg	8.75		5:16	205	13:55	368	13:55	86.36	7:27:33	5:10	1	7:27:33	1	7:27:33
Zumikon	12.99		5:37	272	26:09	569	26:09	99.35	8:40:41	5:14	1	8:40:41	1	8:40:41
Witikon	6.91		5:16	275	15:27	618	15:27	106.26	9:17:10	5:14	1	9:17:10	1	9:17:10
Fluntern	4.90		4:36	130	6:16	191	6:16	111.16	9:39:45	5:12	1	9:39:45	1	9:39:45
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Irchel	5.64		5:30	268	12:25	591	12:25	116.80	10:10:49	5:13	256	3:18:53	397	3:18:53