



38. SOLA-Stafette

Zürich / 07.05.2011

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Medi Poli Oldies

□□: Alumni

□□: 676

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:07:55

□□: 11.45 km/h

□□□□: 5:15 min/km

□□□□□: 360 (of 790)

□□□□□□: 6:52:28

□□□□□: 243(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	146	6:30	240	6:30	4.40	22:19	5:04	1	22:19	1	22:19
Buchlern	13.25		5:26	294	29:05	703	29:05	17.65	1:34:25	5:20	1	1:34:25	1	1:34:25
Uetliberg	6.20		6:52	288	17:01	641	17:01	23.85	2:17:02	5:44	1	2:17:02	1	2:17:02
Felsenegg	5.90		4:53	139	8:56	228	8:56	29.75	2:45:55	5:34	1	2:45:55	1	2:45:55
Buchlern	14.02		5:23	277	27:53	602	27:53	43.77	4:01:36	5:31	1	4:01:36	1	4:01:36
Hönggerberg	11.10		4:36	87	12:02	140	12:02	54.87	4:52:47	5:20	1	4:52:47	1	4:52:47
Irchel	5.10		5:19	206	10:25	377	10:25	59.97	5:19:58	5:20	1	5:19:58	1	5:19:58
Fluntern	6.34		4:52	145	9:06	232	9:06	66.31	5:50:52	5:17	1	5:50:52	1	5:50:52
Forch	11.30		5:28	251	23:14	518	23:14	77.61	6:52:46	5:19	1	6:52:46	1	6:52:46
Egg	8.75		4:51	120	10:16	182	10:16	86.36	7:35:13	5:16	1	7:35:13	1	7:35:13
Zumikon	12.99		5:09	205	19:58	359	19:58	99.35	8:42:10	5:15	1	8:42:10	1	8:42:10
Witikon	6.91		4:25	148	9:32	251	9:32	106.26	9:12:44	5:12	1	9:12:44	1	9:12:44
Fluntern	4.90		4:45	159	7:02	236	7:02	111.16	9:36:05	5:10	1	9:36:05	1	9:36:05
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Irchel	5.64		5:38	278	13:11	630	13:11	116.80	10:07:55	5:12	249	3:15:59	377	3:15:59