



38. SOLA-Stafette

Zürich / 07.05.2011

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MITTWOCH

□□: Alumni
□□: 680

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:50:19

□□: 13.12 km/h
□□□□: 4:34 min/km

□□□□□: 46 (of 790)

□□□□□□: 6:52:28

□□□□□: 45 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:08	24	2:26	27	2:26	4.40	18:15	4:08	1	18:15	1	18:15
Buchlern	13.25		4:17	117	13:48	164	13:48	17.65	1:15:04	4:15	1	1:15:04	1	1:15:04
Uetliberg	6.20		5:25	84	8:05	123	8:05	23.85	1:48:45	4:33	1	1:48:45	1	1:48:45
Felsenegg	5.90		4:23	51	6:00	64	6:00	29.75	2:14:42	4:31	1	2:14:42	1	2:14:42
Buchlern	14.02		4:12	62	11:09	79	11:09	43.77	3:13:39	4:25	1	3:13:39	1	3:13:39
Hönggerberg	11.10		5:01	179	16:33	316	16:33	54.87	4:09:21	4:32	1	4:09:21	1	4:09:21
Irchel	5.10		4:39	94	6:57	143	6:57	59.97	4:33:04	4:33	1	4:33:04	1	4:33:04
Fluntern	6.34		4:03	22	3:56	25	3:56	66.31	4:58:48	4:30	1	4:58:48	1	4:58:48
Forch	11.30		4:12	29	8:50	37	8:50	77.61	5:46:18	4:27	1	5:46:18	1	5:46:18
Egg	8.75		4:46	107	9:37	151	9:37	86.36	6:28:06	4:29	1	6:28:06	1	6:28:06
Zumikon	12.99		5:20	234	22:29	445	22:29	99.35	7:37:34	4:36	1	7:37:34	1	7:37:34
Witikon	6.91		3:54	40	5:57	57	5:57	106.26	8:04:33	4:33	1	8:04:33	1	8:04:33
Fluntern	4.90		4:22	82	5:06	114	5:06	111.16	8:25:58	4:33	1	8:25:58	1	8:25:58
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Irchel	5.64		4:19	64	5:42	95	5:42	116.80	8:50:19	4:32	46	1:58:23	50	1:58:23