



38. SOLA-Stafette

Zürich / 07.05.2011

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Morning Sun

□□: Alumni

□□: 681

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 11:05:57

□□: 10.45 km/h

□□□□: 5:45 min/km

□□□□□: 695 (of 790)

□□□□□□: 6:52:28

□□□□□: 300(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:20	193	7:43	365	7:43	4.40	23:32	5:20	1	23:32	1	23:32
Buchlern	13.25		7:18	312	53:50	788	53:50	17.65	2:00:23	6:49	1	2:00:23	1	2:00:23
Uetliberg	6.20		6:30	256	14:48	547	14:48	23.85	2:40:47	6:44	1	2:40:47	1	2:40:47
Felsenegg	5.90		5:21	218	11:42	423	11:42	29.75	3:12:26	6:28	1	3:12:26	1	3:12:26
Buchlern	14.02		5:37	289	30:59	658	30:59	43.77	4:31:13	6:11	1	4:31:13	1	4:31:13
Hönggerberg	11.10		6:04	290	28:17	698	28:17	54.87	5:38:39	6:10	1	5:38:39	1	5:38:39
Irchel	5.10		5:35	242	11:43	470	11:43	59.97	6:07:08	6:07	1	6:07:08	1	6:07:08
Fluntern	6.34		4:47	126	8:33	193	8:33	66.31	6:37:29	5:59	1	6:37:29	1	6:37:29
Forch	11.30		5:15	213	20:45	408	20:45	77.61	7:36:54	5:53	1	7:36:54	1	7:36:54
Egg	8.75		5:39	261	17:21	560	17:21	86.36	8:26:26	5:51	1	8:26:26	1	8:26:26
Zumikon	12.99		5:46	287	28:01	626	28:01	99.35	9:41:26	5:51	1	9:41:26	1	9:41:26
Witikon	6.91		4:04	71	7:10	109	7:10	106.26	10:09:38	5:44	1	10:09:38	1	10:09:38
Fluntern	4.90		5:38	262	11:20	545	11:20	111.16	10:37:17	5:43	1	10:37:17	1	10:37:17
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Irchel	5.64		5:04	212	10:01	418	10:01	116.80	11:05:57	5:42	308	4:14:01	715	4:14:01