



38. SOLA-Stafette

Zürich / 07.05.2011

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mostindianer

□□: Alumni
□□: 682

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:11:23

□□: 12.62 km/h
□□□□: 4:45 min/km

□□□□□: 79 (of 790)

□□□□□□: 6:52:28

□□□□□: 74(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	205	7:57	391	7:57	4.40	23:46	5:24	1	23:46	1	23:46
Buchlern	13.25		3:57	50	9:20	59	9:20	17.65	1:16:07	4:18	1	1:16:07	1	1:16:07
Uetliberg	6.20		5:31	101	8:41	153	8:41	23.85	1:50:24	4:37	1	1:50:24	1	1:50:24
Felsenegg	5.90		5:05	177	10:07	315	10:07	29.75	2:20:28	4:43	1	2:20:28	1	2:20:28
Buchlern	14.02		4:35	134	16:29	209	16:29	43.77	3:24:45	4:40	1	3:24:45	1	3:24:45
Hönggerberg	11.10		4:22	45	9:25	69	9:25	54.87	4:13:19	4:37	1	4:13:19	1	4:13:19
Irchel	5.10		4:23	57	5:36	79	5:36	59.97	4:35:41	4:35	1	4:35:41	1	4:35:41
Fluntern	6.34		4:43	112	8:12	170	8:12	66.31	5:05:41	4:36	1	5:05:41	1	5:05:41
Forch	11.30		4:55	158	16:58	242	16:58	77.61	6:01:19	4:39	1	6:01:19	1	6:01:19
Egg	8.75		4:42	90	9:04	120	9:04	86.36	6:42:34	4:39	1	6:42:34	1	6:42:34
Zumikon	12.99		5:06	197	19:16	328	19:16	99.35	7:48:49	4:43	1	7:48:49	1	7:48:49
Witikon	6.91		4:14	101	8:14	158	8:14	106.26	8:18:05	4:41	1	8:18:05	1	8:18:05
Fluntern	4.90		5:26	250	10:21	478	10:21	111.16	8:44:45	4:43	1	8:44:45	1	8:44:45
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Irchel	5.64		4:43	150	7:59	263	7:59	116.80	9:11:23	4:43	76	2:19:27	85	2:19:27