



38. SOLA-Stafette

Zürich / 07.05.2011

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Mythenbrise

□□: Alumni
 □□: 683

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:57:13

□□: 10.66 km/h
 □□□□: 5:37 min/km

□□□□□: 660 (of 790)

□□□□□□: 6:52:28

□□□□□: 365(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:01	356	9:17	627	10:40	4.40	26:29	6:01	1	26:29	1	26:29
Buchlern	13.25		7:05	475	46:33	786	51:03	17.65	2:00:33	6:49	1	2:00:33	1	2:00:33
Uetliberg	6.20		5:39	74	5:52	206	9:28	23.85	2:35:37	6:31	1	2:35:37	1	2:35:37
Felsenegg	5.90		4:47	70	5:36	179	8:17	29.75	3:03:51	6:10	1	3:03:51	1	3:03:51
Buchlern	14.02		5:15	281	21:50	544	25:51	43.77	4:17:30	5:52	1	4:17:30	1	4:17:30
Hönggerberg	11.10		4:40	61	9:58	157	12:39	54.87	5:09:18	5:38	1	5:09:18	1	5:09:18
Irchel	5.10		6:36	414	14:34	713	16:54	59.97	5:42:58	5:43	1	5:42:58	1	5:42:58
Fluntern	6.34		4:45	62	6:20	179	8:25	66.31	6:13:11	5:37	1	6:13:11	1	6:13:11
Forch	11.30		6:17	424	29:38	730	32:30	77.61	7:24:21	5:43	1	7:24:21	1	7:24:21
Egg	8.75		5:03	110	10:53	276	12:07	86.36	8:08:39	5:39	1	8:08:39	1	8:08:39
Zumikon	12.99		6:27	439	30:44	744	36:53	99.35	9:32:31	5:45	1	9:32:31	1	9:32:31
Witikon	6.91		4:15	60	5:33	163	8:21	106.26	10:01:54	5:39	1	10:01:54	1	10:01:54
Fluntern	4.90		5:09	178	8:28	399	9:00	111.16	10:27:13	5:38	1	10:27:13	1	10:27:13
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Irchel	5.64		5:19	280	9:47	529	11:21	116.80	10:57:13	5:37	377	2:47:01	679	4:05:17