



38. SOLA-Stafette

Zürich / 07.05.2011

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Nunatakkr

□□: Alumni

□□: 687

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:08:28

□□: 12.69 km/h

□□□□: 4:44 min/km

□□□□□: 73 (of 790)

□□□□□□: 6:52:28

□□□□□: 68(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:54	265	10:09	593	10:09	4.40	25:58	5:54	1	25:58	1	25:58
Buchlern	13.25		4:05	76	11:15	97	11:15	17.65	1:20:14	4:32	1	1:20:14	1	1:20:14
Uetliberg	6.20		5:35	116	9:02	175	9:02	23.85	1:54:52	4:48	1	1:54:52	1	1:54:52
Felsenegg	5.90		4:53	139	8:56	228	8:56	29.75	2:23:45	4:49	1	2:23:45	1	2:23:45
Buchlern	14.02		4:15	76	11:54	100	11:54	43.77	3:23:27	4:38	1	3:23:27	1	3:23:27
Hönggerberg	11.10		4:34	77	11:34	126	11:34	54.87	4:14:10	4:37	1	4:14:10	1	4:14:10
Irchel	5.10		5:06	172	9:18	296	9:18	59.97	4:40:14	4:40	1	4:40:14	1	4:40:14
Fluntern	6.34		4:28	72	6:32	99	6:32	66.31	5:08:34	4:39	1	5:08:34	1	5:08:34
Forch	11.30		5:28	249	23:10	513	23:10	77.61	6:10:24	4:46	1	6:10:24	1	6:10:24
Egg	8.75		4:38	80	8:27	102	8:27	86.36	6:51:02	4:45	1	6:51:02	1	6:51:02
Zumikon	12.99		4:25	53	10:25	66	10:25	99.35	7:48:26	4:42	1	7:48:26	1	7:48:26
Witikon	6.91		4:04	69	7:05	103	7:05	106.26	8:16:33	4:40	1	8:16:33	1	8:16:33
Fluntern	4.90		4:33	120	6:01	175	6:01	111.16	8:38:53	4:40	1	8:38:53	1	8:38:53
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Irchel	5.64		5:14	238	10:56	495	10:56	116.80	9:08:28	4:41	71	2:16:32	79	2:16:32