



38. SOLA-Stafette

Zürich / 07.05.2011

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Pestalozzi Track

□□: Alumni

□□: 690

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:19:43

□□: 11.23 km/h

□□□□: 5:21 min/km

□□□□□: 440 (of 790)

□□□□□□: 6:52:28

□□□□□: 266(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:28	218	8:16	426	8:16	4.40	24:05	5:28	1	24:05	1	24:05
Buchlern	13.25		3:55	45	9:01	52	9:01	17.65	1:16:07	4:18	1	1:16:07	1	1:16:07
Uetliberg	6.20		8:22	309	26:18	768	26:18	23.85	2:08:01	5:22	1	2:08:01	1	2:08:01
Felsenegg	5.90		5:11	192	10:41	350	10:41	29.75	2:38:39	5:19	1	2:38:39	1	2:38:39
Buchlern	14.02		4:51	198	20:22	350	20:22	43.77	3:46:49	5:10	1	3:46:49	1	3:46:49
Hönggerberg	11.10		5:37	265	23:18	582	23:18	54.87	4:49:16	5:16	1	4:49:16	1	4:49:16
Irchel	5.10		5:55	274	13:28	578	13:28	59.97	5:19:30	5:19	1	5:19:30	1	5:19:30
Fluntern	6.34		6:23	304	18:45	740	18:45	66.31	6:00:03	5:25	1	6:00:03	1	6:00:03
Forch	11.30		4:48	129	15:42	187	15:42	77.61	6:54:25	5:20	1	6:54:25	1	6:54:25
Egg	8.75		4:37	79	8:19	99	8:19	86.36	7:34:55	5:16	1	7:34:55	1	7:34:55
Zumikon	12.99		5:29	258	24:16	520	24:16	99.35	8:46:10	5:17	1	8:46:10	1	8:46:10
Witikon	6.91		4:28	163	9:50	276	9:50	106.26	9:17:02	5:14	1	9:17:02	1	9:17:02
Fluntern	4.90		4:59	195	8:08	326	8:08	111.16	9:41:29	5:13	1	9:41:29	1	9:41:29
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Irchel	5.64		6:46	312	19:35	770	19:35	116.80	10:19:43	5:18	273	3:27:47	458	3:27:47