



38. SOLA-Stafette

Zürich / 07.05.2011

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Quick and Dirty

□□: Alumni

□□: 696

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:54:26

□□: 11.79 km/h

□□□□: 5:08 min/km

□□□□□: 259 (of 790)

□□□□□□: 6:52:28

□□□□□: 203(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ 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		4:31	174	16:51	289	16:51	17.65	1:23:24	4:43	1	1:23:24	1	1:23:24
Uetliberg	6.20		6:50	287	16:51	633	16:51	23.85	2:05:51	5:16	1	2:05:51	1	2:05:51
Felsenegg	5.90		5:22	219	11:44	424	11:44	29.75	2:37:32	5:17	1	2:37:32	1	2:37:32
Buchlern	14.02		4:32	121	15:50	187	15:50	43.77	3:41:10	5:03	1	3:41:10	1	3:41:10
Hönggerberg	11.10		5:39	268	23:38	591	23:38	54.87	4:43:57	5:10	1	4:43:57	1	4:43:57
Irchel	5.10		4:56	146	8:24	239	8:24	59.97	5:09:07	5:09	1	5:09:07	1	5:09:07
Fluntern	6.34		4:33	86	7:09	125	7:09	66.31	5:38:04	5:05	1	5:38:04	1	5:38:04
Forch	11.30		4:36	92	13:24	128	13:24	77.61	6:30:08	5:01	1	6:30:08	1	6:30:08
Egg	8.75		6:10	293	21:52	700	21:52	86.36	7:24:11	5:08	1	7:24:11	1	7:24:11
Zumikon	12.99		4:53	155	16:32	237	16:32	99.35	8:27:42	5:06	1	8:27:42	1	8:27:42
Witikon	6.91		4:40	204	11:16	371	11:16	106.26	9:00:00	5:04	1	9:00:00	1	9:00:00
Fluntern	4.90		5:00	200	8:12	334	8:12	111.16	9:24:31	5:04	1	9:24:31	1	9:24:31
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Irchel	5.64		5:18	247	11:16	525	11:16	116.80	9:54:26	5:05	209	3:02:30	273	3:02:30