



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Roadrunners

□□: Alumni
□□: 704

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:34:01

□□: 11.05 km/h
□□□□: 5:28 min/km

□□□□□: 538 (of 790)

□□□□□□: 6:52:28

□□□□□: 284(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:00	271	10:38	624	10:38	4.40	26:27	6:00	1	26:27	1	26:27
Buchlern	13.25		5:56	306	35:45	764	35:45	17.65	1:45:13	5:57	1	1:45:13	1	1:45:13
Uetliberg	6.20		5:25	82	8:03	120	8:03	23.85	2:18:52	5:49	1	2:18:52	1	2:18:52
Felsenegg	5.90		5:15	201	11:07	375	11:07	29.75	2:49:56	5:42	1	2:49:56	1	2:49:56
Buchlern	14.02		5:21	272	27:20	581	27:20	43.77	4:05:04	5:35	1	4:05:04	1	4:05:04
Hönggerberg	11.10		5:27	247	21:27	507	21:27	54.87	5:05:40	5:34	1	5:05:40	1	5:05:40
Irchel	5.10		5:23	217	10:45	406	10:45	59.97	5:33:11	5:33	1	5:33:11	1	5:33:11
Fluntern	6.34		4:32	83	7:02	122	7:02	66.31	6:02:01	5:27	1	6:02:01	1	6:02:01
Forch	11.30		4:51	137	16:13	204	16:13	77.61	6:56:54	5:22	1	6:56:54	1	6:56:54
Egg	8.75		5:28	241	15:45	482	15:45	86.36	7:44:50	5:22	1	7:44:50	1	7:44:50
Zumikon	12.99		6:33	307	38:17	753	38:17	99.35	9:10:06	5:32	1	9:10:06	1	9:10:06
Witikon	6.91		4:39	199	11:07	358	11:07	106.26	9:42:15	5:28	1	9:42:15	1	9:42:15
Fluntern	4.90		4:00	40	3:20	46	3:20	111.16	10:01:54	5:24	1	10:01:54	1	10:01:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:41	283	13:28	645	13:28	116.80	10:34:01	5:25	291	3:42:05	556	3:42:05