



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SAS 4ever

□□: Alumni

□□: 710

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:05:58

□□: 12.84 km/h

□□□□: 4:43 min/km

□□□□□: 68 (of 790)

□□□□□□: 6:52:28

□□□□□: 64(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	151	6:33	246	6:33	4.40	22:22	5:04	1	22:22	1	22:22
Buchlern	13.25		4:44	225	19:54	421	19:54	17.65	1:25:17	4:49	1	1:25:17	1	1:25:17
Uetliberg	6.20		5:42	140	9:46	225	9:46	23.85	2:00:39	5:03	1	2:00:39	1	2:00:39
Felsenegg	5.90		4:11	25	4:47	33	4:47	29.75	2:25:23	4:53	1	2:25:23	1	2:25:23
Buchlern	14.02		4:17	82	12:17	108	12:17	43.77	3:25:28	4:41	1	3:25:28	1	3:25:28
Hönggerberg	11.10		4:33	73	11:24	116	11:24	54.87	4:16:01	4:39	1	4:16:01	1	4:16:01
Irchel	5.10		4:05	31	4:08	40	4:08	59.97	4:36:55	4:37	1	4:36:55	1	4:36:55
Fluntern	6.34		5:14	228	11:23	430	11:23	66.31	5:10:06	4:40	1	5:10:06	1	5:10:06
Forch	11.30		4:53	148	16:38	225	16:38	77.61	6:05:24	4:42	1	6:05:24	1	6:05:24
Egg	8.75		4:26	49	6:40	62	6:40	86.36	6:44:15	4:40	1	6:44:15	1	6:44:15
Zumikon	12.99		4:51	149	16:03	223	16:03	99.35	7:47:17	4:42	1	7:47:17	1	7:47:17
Witikon	6.91		4:50	236	12:27	465	12:27	106.26	8:20:46	4:42	1	8:20:46	1	8:20:46
Fluntern	4.90		4:40	143	6:37	209	6:37	111.16	8:43:42	4:42	1	8:43:42	1	8:43:42
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Irchel	5.64		3:56	31	3:37	36	3:37	116.80	9:05:58	4:40	66	2:14:02	73	2:14:02