



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

sawi hotrunners

□□: Alumni  
□□: 712

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 8:57:49

□□: 12.94 km/h  
□□□□: 4:38 min/km

□□□□□: 55 (of 790)

□□□□□□: 6:52:28

□□□□□: 53(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:09	163	6:53	281	6:53	4.40	22:42	5:09	1	22:42	1	22:42
Buchlern	13.25		4:13	96	12:53	129	12:53	17.65	1:18:36	4:27	1	1:18:36	1	1:18:36
Uetliberg	6.20		5:17	64	7:11	90	7:11	23.85	1:51:23	4:40	1	1:51:23	1	1:51:23
Felsenegg	5.90		4:51	125	8:41	207	8:41	29.75	2:20:01	4:42	1	2:20:01	1	2:20:01
Buchlern	14.02		4:28	112	14:54	164	14:54	43.77	3:22:43	4:37	1	3:22:43	1	3:22:43
Hönggerberg	11.10		4:04	20	6:02	24	6:02	54.87	4:07:54	4:31	1	4:07:54	1	4:07:54
Irchel	5.10		4:50	126	7:57	203	7:57	59.97	4:32:37	4:32	1	4:32:37	1	4:32:37
Fluntern	6.34		4:36	89	7:23	130	7:23	66.31	5:01:48	4:33	1	5:01:48	1	5:01:48
Forch	11.30		4:16	42	9:39	52	9:39	77.61	5:50:07	4:30	1	5:50:07	1	5:50:07
Egg	8.75		4:40	84	8:42	109	8:42	86.36	6:31:00	4:31	1	6:31:00	1	6:31:00
Zumikon	12.99		4:56	165	17:18	255	17:18	99.35	7:35:17	4:34	1	7:35:17	1	7:35:17
Witikon	6.91		4:30	168	10:07	293	10:07	106.26	8:06:26	4:34	1	8:06:26	1	8:06:26
Fluntern	4.90		4:36	132	6:17	193	6:17	111.16	8:29:02	4:34	1	8:29:02	1	8:29:02
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:06	218	10:08	428	10:08	116.80	8:57:49	4:36	54	2:05:53	59	2:05:53