



38. SOLA-Stafette

Zürich / 07.05.2011

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Sika Spirit

□□: Alumni
□□: 718

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:56:06

□□: 11.68 km/h
□□□□: 5:09 min/km

□□□□□: 273 (of 790)

□□□□□□: 6:52:28

□□□□□: 209(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:09	281	11:17	666	11:17	4.40	27:06	6:09	1	27:06	1	27:06
Buchlern	13.25		4:48	239	20:41	468	20:41	17.65	1:30:48	5:08	1	1:30:48	1	1:30:48
Uetliberg	6.20		5:02	38	5:39	45	5:39	23.85	2:02:03	5:07	1	2:02:03	1	2:02:03
Felsenegg	5.90		5:23	221	11:54	432	11:54	29.75	2:33:54	5:10	1	2:33:54	1	2:33:54
Buchlern	14.02		3:59	34	8:13	39	8:13	43.77	3:29:55	4:47	1	3:29:55	1	3:29:55
Hönggerberg	11.10		4:45	125	13:40	202	13:40	54.87	4:22:44	4:47	1	4:22:44	1	4:22:44
Irchel	5.10		5:44	257	12:32	523	12:32	59.97	4:52:02	4:52	1	4:52:02	1	4:52:02
Fluntern	6.34		5:23	250	12:23	513	12:23	66.31	5:26:13	4:55	1	5:26:13	1	5:26:13
Forch	11.30		5:17	220	21:05	424	21:05	77.61	6:25:58	4:58	1	6:25:58	1	6:25:58
Egg	8.75		5:09	186	12:55	316	12:55	86.36	7:11:04	4:59	1	7:11:04	1	7:11:04
Zumikon	12.99		5:58	300	30:36	681	30:36	99.35	8:28:39	5:07	1	8:28:39	1	8:28:39
Witikon	6.91		5:31	293	17:08	689	17:08	106.26	9:06:49	5:08	1	9:06:49	1	9:06:49
Fluntern	4.90		4:41	150	6:42	217	6:42	111.16	9:29:50	5:07	1	9:29:50	1	9:29:50
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Irchel	5.64		4:39	139	7:37	238	7:37	116.80	9:56:06	5:06	215	3:04:10	288	3:04:10