



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## Sprint Spektrum

□□: Alumni

□□: 728

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:23:05

□□: 12.45 km/h

□□□□: 4:51 min/km

□□□□□: 110 (of 790)

□□□□□□: 6:52:28

□□□□□: 101(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:04	276	10:53	642	10:53	4.40	26:42	6:04	1	26:42	1	26:42
Buchlern	13.25		4:28	163	16:13	257	16:13	17.65	1:25:56	4:52	1	1:25:56	1	1:25:56
Uetliberg	6.20		5:42	141	9:47	228	9:47	23.85	2:01:19	5:05	1	2:01:19	1	2:01:19
Felsenegg	5.90		4:12	28	4:53	36	4:53	29.75	2:26:09	4:54	1	2:26:09	1	2:26:09
Buchlern	14.02		5:13	257	25:24	526	25:24	43.77	3:39:21	5:00	1	3:39:21	1	3:39:21
Hönggerberg	11.10		5:04	186	17:08	340	17:08	54.87	4:35:38	5:01	1	4:35:38	1	4:35:38
Irchel	5.10		4:35	80	6:40	120	6:40	59.97	4:59:04	4:59	1	4:59:04	1	4:59:04
Fluntern	6.34		4:38	95	7:38	141	7:38	66.31	5:28:30	4:57	1	5:28:30	1	5:28:30
Forch	11.30		4:49	131	15:51	190	15:51	77.61	6:23:01	4:56	1	6:23:01	1	6:23:01
Egg	8.75		5:24	232	15:08	450	15:08	86.36	7:10:20	4:58	1	7:10:20	1	7:10:20
Zumikon	12.99		4:40	115	13:49	160	13:49	99.35	8:11:08	4:56	1	8:11:08	1	8:11:08
Witikon	6.91		4:21	131	9:02	217	9:02	106.26	8:41:12	4:54	1	8:41:12	1	8:41:12
Fluntern	4.90		3:57	35	3:05	40	3:05	111.16	9:00:36	4:51	1	9:00:36	1	9:00:36
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		3:59	35	3:50	40	3:50	116.80	9:23:05	4:49	104	2:31:09	116	2:31:09