



38. SOLA-Stafette

Zürich / 07.05.2011

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Swiss Hammer Team

□□: Alumni

□□: 735

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 7:54:47

□□: 14.66 km/h

□□□□: 4:06 min/km

□□□□□: 15 (of 790)

□□□□□□: 6:52:28

□□□□□: 15(of 313)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:08	23	2:23	25	2:23	4.40	18:12	4:08	1	18:12	1	18:12
Buchlern	13.25		3:43	20	6:18	22	6:18	17.65	1:07:31	3:49	1	1:07:31	1	1:07:31
Uetliberg	6.20		5:06	41	6:03	51	6:03	23.85	1:39:10	4:09	1	1:39:10	1	1:39:10
Felsenegg	5.90		3:51	9	2:50	10	2:50	29.75	2:01:57	4:05	1	2:01:57	1	2:01:57
Buchlern	14.02		4:03	41	9:12	48	9:12	43.77	2:58:57	4:05	1	2:58:57	1	2:58:57
Hönggerberg	11.10		3:56	16	4:38	18	4:38	54.87	3:42:44	4:03	1	3:42:44	1	3:42:44
Irchel	5.10		3:26	2	0:46	2	0:46	59.97	4:00:16	4:00	1	4:00:16	1	4:00:16
Fluntern	6.34		4:09	31	4:34	37	4:34	66.31	4:26:38	4:01	1	4:26:38	1	4:26:38
Forch	11.30		4:06	21	7:48	24	7:48	77.61	5:13:06	4:02	1	5:13:06	1	5:13:06
Egg	8.75		4:10	22	4:18	27	4:18	86.36	5:49:35	4:02	1	5:49:35	1	5:49:35
Zumikon	12.99		4:32	80	12:00	107	12:00	99.35	6:48:34	4:06	1	6:48:34	1	6:48:34
Witikon	6.91		3:57	53	6:21	74	6:21	106.26	7:15:57	4:06	1	7:15:57	1	7:15:57
Fluntern	4.90		3:38	12	1:32	16	1:32	111.16	7:33:48	4:04	1	7:33:48	1	7:33:48
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Irchel	5.64		3:43	18	2:20	21	2:20	116.80	7:54:47	4:03	16	1:02:51	16	1:02:51