



38. SOLA-Stafette

Zürich / 07.05.2011

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The Lazy Dilberts

□□: Alumni
□□: 738

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:04:23

□□: 11.60 km/h
□□□□: 5:13 min/km

□□□□□: 334 (of 790)

□□□□□□: 6:52:28

□□□□□: 233(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:27	216	8:13	421	8:13	4.40	24:02	5:27	1	24:02	1	24:02
Buchlern	13.25		4:51	247	21:19	496	21:19	17.65	1:28:22	5:00	1	1:28:22	1	1:28:22
Uetliberg	6.20		5:19	69	7:25	97	7:25	23.85	2:01:23	5:05	1	2:01:23	1	2:01:23
Felsenegg	5.90		4:17	39	5:20	48	5:20	29.75	2:26:40	4:55	1	2:26:40	1	2:26:40
Buchlern	14.02		5:47	294	33:26	689	33:26	43.77	3:47:54	5:12	1	3:47:54	1	3:47:54
Hönggerberg	11.10		5:48	279	25:21	641	25:21	54.87	4:52:24	5:19	1	4:52:24	1	4:52:24
Irchel	5.10		4:35	80	6:40	120	6:40	59.97	5:15:50	5:15	1	5:15:50	1	5:15:50
Fluntern	6.34		4:12	33	4:52	44	4:52	66.31	5:42:30	5:09	1	5:42:30	1	5:42:30
Forch	11.30		5:57	297	28:37	684	28:37	77.61	6:49:47	5:16	1	6:49:47	1	6:49:47
Egg	8.75		5:41	263	17:34	572	17:34	86.36	7:39:32	5:19	1	7:39:32	1	7:39:32
Zumikon	12.99		4:38	104	13:22	145	13:22	99.35	8:39:53	5:13	1	8:39:53	1	8:39:53
Witikon	6.91		4:13	100	8:13	156	8:13	106.26	9:09:08	5:10	1	9:09:08	1	9:09:08
Fluntern	4.90		6:05	288	13:30	665	13:30	111.16	9:38:57	5:12	1	9:38:57	1	9:38:57
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Irchel	5.64		4:30	102	6:47	165	6:47	116.80	10:04:23	5:10	239	3:12:27	350	3:12:27