



# 38. SOLA-Stafette

Zürich / 07.05.2011

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TiFiCo

□□: Alumni  
□□: 739

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 10:06:30

□□: 11.55 km/h  
□□□□: 5:14 min/km

□□□□□: 350 (of 790)

□□□□□□: 6:52:28

□□□□□: 238(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:01	272	10:41	628	10:41	4.40	26:30	6:01	1	26:30	1	26:30
Buchlern	13.25		5:12	285	26:02	648	26:02	17.65	1:35:33	5:24	1	1:35:33	1	1:35:33
Uetliberg	6.20		5:08	46	6:16	58	6:16	23.85	2:07:25	5:20	1	2:07:25	1	2:07:25
Felsenegg	5.90		4:59	161	9:28	273	9:28	29.75	2:36:50	5:16	1	2:36:50	1	2:36:50
Buchlern	14.02		5:21	272	27:20	581	27:20	43.77	3:51:58	5:17	1	3:51:58	1	3:51:58
Hönggerberg	11.10		5:42	272	24:09	605	24:09	54.87	4:55:16	5:22	1	4:55:16	1	4:55:16
Irchel	5.10		5:23	215	10:43	404	10:43	59.97	5:22:45	5:22	1	5:22:45	1	5:22:45
Fluntern	6.34		5:59	289	16:10	672	16:10	66.31	6:00:43	5:26	1	6:00:43	1	6:00:43
Forch	11.30		4:45	121	15:06	173	15:06	77.61	6:54:29	5:20	1	6:54:29	1	6:54:29
Egg	8.75		4:32	68	7:33	85	7:33	86.36	7:34:13	5:15	1	7:34:13	1	7:34:13
Zumikon	12.99		5:00	177	17:58	280	17:58	99.35	8:39:10	5:13	1	8:39:10	1	8:39:10
Witikon	6.91		4:08	84	7:34	128	7:34	106.26	9:07:46	5:09	1	9:07:46	1	9:07:46
Fluntern	4.90		6:32	305	15:44	735	15:44	111.16	9:39:49	5:12	1	9:39:49	1	9:39:49
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Irchel	5.64		4:43	153	8:02	268	8:02	116.80	10:06:30	5:11	244	3:14:34	367	3:14:34