



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Trivadis Megaherz

□□: Alumni  
 □□: 743

□□: 116.80 km  
 Sola-Stafette

□□□□:  
 Schnelle

□□□: 9:32:47

□□: 12.15 km/h  
 □□□□: 4:56 min/km

□□□□□: 148 (of 790)

□□□□□□: 6:52:28

□□□□□: 134(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:15	288	11:45	686	11:45	4.40	27:34	6:15	1	27:34	1	27:34
Buchlern	13.25		5:53	305	35:00	762	35:00	17.65	1:45:35	5:58	1	1:45:35	1	1:45:35
Uetliberg	6.20		5:36	121	9:08	185	9:08	23.85	2:20:19	5:52	1	2:20:19	1	2:20:19
Felsenegg	5.90		4:19	43	5:32	54	5:32	29.75	2:45:48	5:34	1	2:45:48	1	2:45:48
Buchlern	14.02		4:55	212	21:20	387	21:20	43.77	3:54:56	5:22	1	3:54:56	1	3:54:56
Hönggerberg	11.10		4:48	137	14:15	232	14:15	54.87	4:48:20	5:15	1	4:48:20	1	4:48:20
Irchel	5.10		5:52	272	13:14	566	13:14	59.97	5:18:20	5:18	1	5:18:20	1	5:18:20
Fluntern	6.34		4:22	54	5:55	73	5:55	66.31	5:46:03	5:13	1	5:46:03	1	5:46:03
Forch	11.30		4:12	30	8:56	39	8:56	77.61	6:33:39	5:04	1	6:33:39	1	6:33:39
Egg	8.75		4:43	91	9:06	121	9:06	86.36	7:14:56	5:02	1	7:14:56	1	7:14:56
Zumikon	12.99		4:38	104	13:22	145	13:22	99.35	8:15:17	4:59	1	8:15:17	1	8:15:17
Witikon	6.91		3:28	17	3:01	19	3:01	106.26	8:39:20	4:53	1	8:39:20	1	8:39:20
Fluntern	4.90		4:12	57	4:20	75	4:20	111.16	8:59:59	4:51	1	8:59:59	1	8:59:59
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Irchel	5.64		5:48	290	14:09	668	14:09	116.80	9:32:47	4:54	138	2:40:51	157	2:40:51