



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Virtamed

□□: Alumni

□□: 753

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:31:06

□□: 11.03 km/h

□□□□: 5:27 min/km

□□□□□: 511 (of 790)

□□□□□□: 6:52:28

□□□□□: 280(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:39	312	17:51	784	17:51	4.40	33:40	7:39	1	33:40	1	33:40
Buchlern	13.25		4:35	198	17:47	337	17:47	17.65	1:34:28	5:21	1	1:34:28	1	1:34:28
Uetliberg	6.20		5:35	116	9:02	175	9:02	23.85	2:09:06	5:24	1	2:09:06	1	2:09:06
Felsenegg	5.90		5:46	263	14:05	583	14:05	29.75	2:43:08	5:29	1	2:43:08	1	2:43:08
Buchlern	14.02		4:21	91	13:14	126	13:14	43.77	3:44:10	5:07	1	3:44:10	1	3:44:10
Hönggerberg	11.10		5:30	256	22:00	536	22:00	54.87	4:45:19	5:11	1	4:45:19	1	4:45:19
Irchel	5.10		7:28	308	21:22	769	21:22	59.97	5:23:27	5:23	1	5:23:27	1	5:23:27
Fluntern	6.34		7:02	309	22:53	778	22:53	66.31	6:08:08	5:33	1	6:08:08	1	6:08:08
Forch	11.30		6:02	299	29:34	695	29:34	77.61	7:16:22	5:37	1	7:16:22	1	7:16:22
Egg	8.75		5:20	220	14:36	423	14:36	86.36	8:03:09	5:35	1	8:03:09	1	8:03:09
Zumikon	12.99		4:50	145	15:51	216	15:51	99.35	9:05:59	5:29	1	9:05:59	1	9:05:59
Witikon	6.91		4:25	146	9:31	249	9:31	106.26	9:36:32	5:25	1	9:36:32	1	9:36:32
Fluntern	4.90		5:53	279	12:33	616	12:33	111.16	10:05:24	5:26	1	10:05:24	1	10:05:24
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:33	113	7:03	188	7:03	116.80	10:31:06	5:24	287	3:39:10	529	3:39:10