



38. SOLA-Stafette

Zürich / 07.05.2011

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Was, SOLAnge noch?

□□: Alumni

□□: 757

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:52:58

□□: 11.74 km/h

□□□□: 5:07 min/km

□□□□□: 250 (of 790)

□□□□□□: 6:52:28

□□□□□: 197(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:13	177	7:12	319	7:12	4.40	23:01	5:13	1	23:01	1	23:01
Buchlern	13.25		4:23	147	15:15	224	15:15	17.65	1:21:17	4:36	1	1:21:17	1	1:21:17
Uetliberg	6.20		6:29	254	14:42	541	14:42	23.85	2:01:35	5:05	1	2:01:35	1	2:01:35
Felsenegg	5.90		5:59	285	15:22	659	15:22	29.75	2:36:54	5:16	1	2:36:54	1	2:36:54
Buchlern	14.02		5:24	278	28:06	609	28:06	43.77	3:52:48	5:19	1	3:52:48	1	3:52:48
Hönggerberg	11.10		4:45	127	13:43	206	13:43	54.87	4:45:40	5:12	1	4:45:40	1	4:45:40
Irchel	5.10		4:39	95	6:58	145	6:58	59.97	5:09:24	5:09	1	5:09:24	1	5:09:24
Fluntern	6.34		5:00	177	9:55	304	9:55	66.31	5:41:07	5:08	1	5:41:07	1	5:41:07
Forch	11.30		5:54	295	28:01	669	28:01	77.61	6:47:48	5:15	1	6:47:48	1	6:47:48
Egg	8.75		5:37	255	17:03	548	17:03	86.36	7:37:02	5:17	1	7:37:02	1	7:37:02
Zumikon	12.99		5:01	183	18:11	293	18:11	99.35	8:42:12	5:15	1	8:42:12	1	8:42:12
Witikon	6.91		4:18	117	8:42	191	8:42	106.26	9:11:56	5:11	1	9:11:56	1	9:11:56
Fluntern	4.90		3:53	28	2:45	33	2:45	111.16	9:31:00	5:08	1	9:31:00	1	9:31:00
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		3:53	28	3:19	32	3:19	116.80	9:52:58	5:04	203	3:01:02	264	3:01:02