



38. SOLA-Stafette

Zürich / 07.05.2011

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Intep

□□: Alumni

□□: 781

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 11:06:20

□□: 10.52 km/h

□□□□: 5:45 min/km

□□□□□: 698 (of 790)

□□□□□□: 6:52:28

□□□□□: 301(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:40	253	9:10	519	9:10	4.40	24:59	5:40	1	24:59	1	24:59
Buchlern	13.25		5:28	296	29:30	711	29:30	17.65	1:37:30	5:31	1	1:37:30	1	1:37:30
Uetliberg	6.20		5:05	40	5:56	48	5:56	23.85	2:09:02	5:24	1	2:09:02	1	2:09:02
Felsenegg	5.90		6:31	300	18:33	731	18:33	29.75	2:47:32	5:37	1	2:47:32	1	2:47:32
Buchlern	14.02		5:55	304	35:19	715	35:19	43.77	4:10:39	5:43	1	4:10:39	1	4:10:39
Hönggerberg	11.10		5:19	227	19:55	452	19:55	54.87	5:09:43	5:38	1	5:09:43	1	5:09:43
Irchel	5.10		6:23	297	15:48	677	15:48	59.97	5:42:17	5:42	1	5:42:17	1	5:42:17
Fluntern	6.34		6:07	298	17:04	709	17:04	66.31	6:21:09	5:44	1	6:21:09	1	6:21:09
Forch	11.30		6:05	301	30:10	700	30:10	77.61	7:29:59	5:47	1	7:29:59	1	7:29:59
Egg	8.75		6:00	286	20:21	664	20:21	86.36	8:22:31	5:49	1	8:22:31	1	8:22:31
Zumikon	12.99		4:34	88	12:24	117	12:24	99.35	9:21:54	5:39	1	9:21:54	1	9:21:54
Witikon	6.91		6:03	305	20:47	748	20:47	106.26	10:03:43	5:40	1	10:03:43	1	10:03:43
Fluntern	4.90		6:42	307	16:31	752	16:31	111.16	10:36:33	5:43	1	10:36:33	1	10:36:33
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Irchel	5.64		5:16	243	11:08	509	11:08	116.80	11:06:20	5:42	309	4:14:24	718	4:14:24