



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Tonkatsu

□□: Alumni  
□□: 823

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 10:01:23

□□: 11.57 km/h  
□□□□: 5:11 min/km

□□□□□: 315 (of 790)

□□□□□□: 6:52:28

□□□□□: 226(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	104	5:50	169	5:50	4.40	21:39	4:55	1	21:39	1	21:39
Buchlern	13.25		5:18	288	27:20	672	27:20	17.65	1:32:00	5:12	1	1:32:00	1	1:32:00
Uetliberg	6.20		6:13	226	12:57	442	12:57	23.85	2:10:33	5:28	1	2:10:33	1	2:10:33
Felsenegg	5.90		5:19	210	11:26	400	11:26	29.75	2:41:56	5:26	1	2:41:56	1	2:41:56
Buchlern	14.02		5:08	246	24:16	490	24:16	43.77	3:54:00	5:20	1	3:54:00	1	3:54:00
Hönggerberg	11.10		4:35	80	11:54	132	11:54	54.87	4:45:03	5:11	1	4:45:03	1	4:45:03
Irchel	5.10		5:25	222	10:54	416	10:54	59.97	5:12:43	5:12	1	5:12:43	1	5:12:43
Fluntern	6.34		4:20	49	5:42	66	5:42	66.31	5:40:13	5:07	1	5:40:13	1	5:40:13
Forch	11.30		4:44	115	14:53	162	14:53	77.61	6:33:46	5:04	1	6:33:46	1	6:33:46
Egg	8.75		5:58	282	20:05	657	20:05	86.36	7:26:02	5:09	1	7:26:02	1	7:26:02
Zumikon	12.99		5:40	274	26:38	579	26:38	99.35	8:39:39	5:13	1	8:39:39	1	8:39:39
Witikon	6.91		4:27	157	9:44	267	9:44	106.26	9:10:25	5:10	1	9:10:25	1	9:10:25
Fluntern	4.90		4:40	142	6:36	208	6:36	111.16	9:33:20	5:09	1	9:33:20	1	9:33:20
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Irchel	5.64		4:58	197	9:24	376	9:24	116.80	10:01:23	5:08	232	3:09:27	331	3:09:27