



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Aug um Aug

□□: Ang.

□□: 381

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:06:00

□□: 10.52 km/h

□□□□: 5:42 min/km

□□□□□: 696 (of 790)

□□□□□□: 6:52:28

□□□□□: 396(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:50	311	8:31	573	9:54	4.40	25:43	5:50	1	25:43	1	25:43
Buchlern	13.25		5:08	344	20:32	623	25:02	17.65	1:33:46	5:18	1	1:33:46	1	1:33:46
Uetliberg	6.20		6:27	276	10:49	525	14:25	23.85	2:13:47	5:36	1	2:13:47	1	2:13:47
Felsenegg	5.90		5:22	206	9:03	424	11:44	29.75	2:45:28	5:33	1	2:45:28	1	2:45:28
Buchlern	14.02		6:27	460	38:39	770	42:40	43.77	4:15:56	5:50	1	4:15:56	1	4:15:56
Hönggerberg	11.10		6:17	430	28:03	729	30:44	54.87	5:25:49	5:56	1	5:25:49	1	5:25:49
Irchel	5.10		4:36	41	4:25	127	6:45	59.97	5:49:20	5:49	1	5:49:20	1	5:49:20
Fluntern	6.34		5:16	218	9:35	454	11:40	66.31	6:22:48	5:46	1	6:22:48	1	6:22:48
Forch	11.30		5:36	300	21:50	569	24:42	77.61	7:26:10	5:44	1	7:26:10	1	7:26:10
Egg	8.75		5:43	320	16:43	592	17:57	86.36	8:16:18	5:44	1	8:16:18	1	8:16:18
Zumikon	12.99		6:02	393	25:22	695	31:31	99.35	9:34:48	5:47	1	9:34:48	1	9:34:48
Witikon	6.91		4:18	77	5:56	196	8:44	106.26	10:04:34	5:41	1	10:04:34	1	10:04:34
Fluntern	4.90		5:23	223	9:35	472	10:07	111.16	10:31:00	5:40	1	10:31:00	1	10:31:00
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:12	429	14:47	737	16:21	116.80	11:06:00	5:42	408	2:55:48	716	4:14:04