



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Roaring Redshifts

□□: ETH

□□: 109

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:05:08

□□: 10.46 km/h

□□□□: 5:41 min/km

□□□□□: 694 (of 790)

□□□□□□: 6:52:28

□□□□□: 395(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:32	225	7:12	455	8:35	4.40	24:24	5:32	1	24:24	1	24:24
Buchlern	13.25		5:33	432	26:12	730	30:42	17.65	1:38:07	5:33	1	1:38:07	1	1:38:07
Uetliberg	6.20		7:50	443	19:27	748	23:03	23.85	2:26:46	6:09	1	2:26:46	1	2:26:46
Felsenegg	5.90		5:18	190	8:43	397	11:24	29.75	2:58:07	5:59	1	2:58:07	1	2:58:07
Buchlern	14.02		5:03	223	19:01	456	23:02	43.77	4:08:57	5:41	1	4:08:57	1	4:08:57
Hönggerberg	11.10		5:44	347	21:52	621	24:33	54.87	5:12:39	5:41	1	5:12:39	1	5:12:39
Irchel	5.10		5:41	257	9:58	508	12:18	59.97	5:41:43	5:41	1	5:41:43	1	5:41:43
Fluntern	6.34		5:26	284	10:39	537	12:44	66.31	6:16:15	5:40	1	6:16:15	1	6:16:15
Forch	11.30		6:34	447	32:42	755	35:34	77.61	7:30:29	5:48	1	7:30:29	1	7:30:29
Egg	8.75		5:46	334	17:07	610	18:21	86.36	8:21:01	5:48	1	8:21:01	1	8:21:01
Zumikon	12.99		4:46	62	8:56	193	15:05	99.35	9:23:05	5:40	1	9:23:05	1	9:23:05
Witikon	6.91		5:55	428	17:07	731	19:55	106.26	10:04:02	5:41	1	10:04:02	1	10:04:02
Fluntern	4.90		6:45	447	16:14	754	16:46	111.16	10:37:07	5:43	1	10:37:07	1	10:37:07
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Irchel	5.64		4:58	175	7:48	369	9:22	116.80	11:05:08	5:41	407	2:54:56	714	4:13:12