



38. SOLA-Stafette

Zürich / 07.05.2011

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Schildkrötenexpress

□□: ETH
□□: 116

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:09:11

□□: 11.50 km/h
□□□□: 5:12 min/km

□□□□□: 369 (of 790)

□□□□□□: 6:52:28

□□□□□: 123(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:04	370	9:32	646	10:55	4.40	26:44	6:04	1	26:44	1	26:44
Buchlern	13.25		4:24	79	10:48	226	15:18	17.65	1:25:03	4:49	1	1:25:03	1	1:25:03
Uetliberg	6.20		6:47	338	12:53	617	16:29	23.85	2:07:08	5:19	1	2:07:08	1	2:07:08
Felsenegg	5.90		6:19	416	14:44	711	17:25	29.75	2:44:30	5:31	1	2:44:30	1	2:44:30
Buchlern	14.02		4:45	123	14:54	289	18:55	43.77	3:51:13	5:16	1	3:51:13	1	3:51:13
Hönggerberg	11.10		5:39	325	20:59	593	23:40	54.87	4:54:02	5:21	1	4:54:02	1	4:54:02
Irchel	5.10		5:37	235	9:34	482	11:54	59.97	5:22:42	5:22	1	5:22:42	1	5:22:42
Fluntern	6.34		4:49	74	6:42	206	8:47	66.31	5:53:17	5:19	1	5:53:17	1	5:53:17
Forch	11.30		5:32	288	21:05	547	23:57	77.61	6:55:54	5:21	1	6:55:54	1	6:55:54
Egg	8.75		5:27	236	14:24	476	15:38	86.36	7:43:43	5:22	1	7:43:43	1	7:43:43
Zumikon	12.99		4:37	36	6:57	136	13:06	99.35	8:43:48	5:16	1	8:43:48	1	8:43:48
Witikon	6.91		4:17	73	5:52	188	8:40	106.26	9:13:30	5:12	1	9:13:30	1	9:13:30
Fluntern	4.90		5:50	329	11:46	603	12:18	111.16	9:42:07	5:14	1	9:42:07	1	9:42:07
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Irchel	5.64		4:47	131	6:51	293	8:25	116.80	10:09:11	5:12	134	1:58:59	386	3:17:15