



38. SOLA-Stafette

Zürich / 07.05.2011

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Slaves of Sparta

□□: ETH
□□: 118

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:03:24

□□: 10.49 km/h
□□□□: 5:40 min/km

□□□□□: 683 (of 790)

□□□□□□: 6:52:28

□□□□□: 385 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:37	472	16:20	783	17:43	4.40	33:32	7:37	1	33:32	1	33:32
Buchlern	13.25		5:16	377	22:18	663	26:48	17.65	1:43:21	5:51	1	1:43:21	1	1:43:21
Uetliberg	6.20		5:57	137	7:44	327	11:20	23.85	2:20:17	5:52	1	2:20:17	1	2:20:17
Felsenegg	5.90		7:22	465	20:51	777	23:32	29.75	3:03:46	6:10	1	3:03:46	1	3:03:46
Buchlern	14.02		5:00	208	18:27	436	22:28	43.77	4:14:02	5:48	1	4:14:02	1	4:14:02
Hönggerberg	11.10		4:33	47	8:48	121	11:29	54.87	5:04:40	5:33	1	5:04:40	1	5:04:40
Irchel	5.10		6:32	402	14:16	700	16:36	59.97	5:38:02	5:38	1	5:38:02	1	5:38:02
Fluntern	6.34		7:25	473	23:13	782	25:18	66.31	6:25:08	5:48	1	6:25:08	1	6:25:08
Forch	11.30		5:31	285	20:54	542	23:46	77.61	7:27:34	5:46	1	7:27:34	1	7:27:34
Egg	8.75		4:47	47	8:33	156	9:47	86.36	8:09:32	5:40	1	8:09:32	1	8:09:32
Zumikon	12.99		5:34	287	19:17	556	25:26	99.35	9:21:57	5:39	1	9:21:57	1	9:21:57
Witikon	6.91		5:37	405	15:05	702	17:53	106.26	10:00:52	5:39	1	10:00:52	1	10:00:52
Fluntern	4.90		5:38	284	10:48	545	11:20	111.16	10:28:31	5:39	1	10:28:31	1	10:28:31
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Irchel	5.64		6:11	428	14:40	736	16:14	116.80	11:03:24	5:40	397	2:53:12	702	4:11:28