



# 38. SOLA-Stafette

Zürich / 07.05.2011

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TIK it easy

□□: ETH  
□□: 126

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:00:39

□□: 11.59 km/h  
□□□□: 5:08 min/km

□□□□□: 307 (of 790)

□□□□□□: 6:52:28

□□□□□: 86(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:42	437	12:17	744	13:40	4.40	29:29	6:42	1	29:29	1	29:29
Buchlern	13.25		4:27	90	11:28	247	15:58	17.65	1:28:28	5:00	1	1:28:28	1	1:28:28
Uetliberg	6.20		6:00	152	8:05	352	11:41	23.85	2:05:45	5:16	1	2:05:45	1	2:05:45
Felsenegg	5.90		6:03	385	13:08	673	15:49	29.75	2:41:31	5:25	1	2:41:31	1	2:41:31
Buchlern	14.02		5:08	244	20:13	489	24:14	43.77	3:53:33	5:20	1	3:53:33	1	3:53:33
Hönggerberg	11.10		4:42	67	10:21	171	13:02	54.87	4:45:44	5:12	1	4:45:44	1	4:45:44
Irchel	5.10		4:54	90	5:56	229	8:16	59.97	5:10:46	5:10	1	5:10:46	1	5:10:46
Fluntern	6.34		5:11	183	9:01	404	11:06	66.31	5:43:40	5:10	1	5:43:40	1	5:43:40
Forch	11.30		4:31	29	9:39	103	12:31	77.61	6:34:51	5:05	1	6:34:51	1	6:34:51
Egg	8.75		6:05	394	19:55	685	21:09	86.36	7:28:11	5:11	1	7:28:11	1	7:28:11
Zumikon	12.99		4:49	70	9:35	212	15:44	99.35	8:30:54	5:08	1	8:30:54	1	8:30:54
Witikon	6.91		4:35	139	7:52	324	10:40	106.26	9:02:36	5:06	1	9:02:36	1	9:02:36
Fluntern	4.90		5:18	208	9:10	449	9:42	111.16	9:28:37	5:06	1	9:28:37	1	9:28:37
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Irchel	5.64		5:40	359	11:49	641	13:23	116.80	10:00:39	5:08	96	1:50:27	323	3:08:43