



# 38. SOLA-Stafette

Zürich / 07.05.2011

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Viva la vida

□□: ETH  
□□: 129

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:23:06

□□: 11.17 km/h  
□□□□: 5:20 min/km

□□□□□: 462 (of 790)

□□□□□□: 6:52:28

□□□□□: 191(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:05	100	5:13	252	6:36	4.40	22:25	5:05	1	22:25	1	22:25
Buchlern	13.25		4:14	37	8:39	141	13:09	17.65	1:18:35	4:27	1	1:18:35	1	1:18:35
Uetliberg	6.20		6:58	372	14:01	663	17:37	23.85	2:01:48	5:06	1	2:01:48	1	2:01:48
Felsenegg	5.90		4:42	52	5:08	145	7:49	29.75	2:29:34	5:01	1	2:29:34	1	2:29:34
Buchlern	14.02		5:07	239	19:56	480	23:57	43.77	3:41:19	5:03	1	3:41:19	1	3:41:19
Hönggerberg	11.10		5:59	398	24:35	685	27:16	54.87	4:47:44	5:14	1	4:47:44	1	4:47:44
Irchel	5.10		5:27	202	8:45	428	11:05	59.97	5:15:35	5:15	1	5:15:35	1	5:15:35
Fluntern	6.34		5:19	238	9:52	482	11:57	66.31	5:49:20	5:16	1	5:49:20	1	5:49:20
Forch	11.30		5:23	238	19:22	474	22:14	77.61	6:50:14	5:17	1	6:50:14	1	6:50:14
Egg	8.75		6:07	399	20:13	691	21:27	86.36	7:43:52	5:22	1	7:43:52	1	7:43:52
Zumikon	12.99		5:24	228	17:03	472	23:12	99.35	8:54:03	5:22	1	8:54:03	1	8:54:03
Witikon	6.91		5:34	401	14:44	697	17:32	106.26	9:32:37	5:23	1	9:32:37	1	9:32:37
Fluntern	4.90		5:03	150	7:56	362	8:28	111.16	9:57:24	5:22	1	9:57:24	1	9:57:24
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Irchel	5.64		4:33	76	5:29	188	7:03	116.80	10:23:06	5:20	202	2:12:54	480	3:31:10