



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Animal Spirits

□□: FH
□□: 131

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:17:07

□□: 12.49 km/h
□□□□: 4:46 min/km

□□□□□: 90 (of 790)

□□□□□□: 6:52:28

□□□□□: 6(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:12	394	10:09	679	11:32	4.40	27:21	6:12	1	27:21	1	27:21
Buchlern	13.25		4:10	28	7:47	115	12:17	17.65	1:22:39	4:40	1	1:22:39	1	1:22:39
Uetliberg	6.20		5:31	54	5:06	157	8:42	23.85	1:56:57	4:54	1	1:56:57	1	1:56:57
Felsenegg	5.90		4:33	24	4:15	93	6:56	29.75	2:23:50	4:50	1	2:23:50	1	2:23:50
Buchlern	14.02		4:25	47	10:15	148	14:16	43.77	3:25:54	4:42	1	3:25:54	1	3:25:54
Hönggerberg	11.10		4:33	47	8:48	121	11:29	54.87	4:16:32	4:40	1	4:16:32	1	4:16:32
Irchel	5.10		4:04	9	1:42	37	4:02	59.97	4:37:20	4:37	1	4:37:20	1	4:37:20
Fluntern	6.34		4:12	11	2:46	43	4:51	66.31	5:03:59	4:35	1	5:03:59	1	5:03:59
Forch	11.30		4:12	10	6:05	40	8:57	77.61	5:51:36	4:31	1	5:51:36	1	5:51:36
Egg	8.75		6:48	452	26:09	762	27:23	86.36	6:51:10	4:45	1	6:51:10	1	6:51:10
Zumikon	12.99		5:18	199	15:55	427	22:04	99.35	8:00:13	4:50	1	8:00:13	1	8:00:13
Witikon	6.91		4:12	54	5:16	147	8:04	106.26	8:29:19	4:47	1	8:29:19	1	8:29:19
Fluntern	4.90		5:02	146	7:49	354	8:21	111.16	8:53:59	4:48	1	8:53:59	1	8:53:59
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:06	11	2:55	51	4:29	116.80	9:17:07	4:46	10	1:06:55	97	2:25:11