



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Chäswil

□□: FH  
□□: 132

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:13:24

□□: 11.42 km/h  
□□□□: 5:15 min/km

□□□□□: 392 (of 790)

□□□□□□: 6:52:28

□□□□□: 140(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:13	140	5:47	315	7:10	4.40	22:59	5:13	1	22:59	1	22:59
Buchlern	13.25		5:03	320	19:32	595	24:02	17.65	1:30:02	5:06	1	1:30:02	1	1:30:02
Uetliberg	6.20		6:44	331	12:35	605	16:11	23.85	2:11:49	5:31	1	2:11:49	1	2:11:49
Felsenegg	5.90		5:19	195	8:48	407	11:29	29.75	2:43:15	5:29	1	2:43:15	1	2:43:15
Buchlern	14.02		4:49	141	15:51	321	19:52	43.77	3:50:55	5:16	1	3:50:55	1	3:50:55
Hönggerberg	11.10		4:37	55	9:29	146	12:10	54.87	4:42:14	5:08	1	4:42:14	1	4:42:14
Irchel	5.10		5:48	277	10:30	539	12:50	59.97	5:11:50	5:11	1	5:11:50	1	5:11:50
Fluntern	6.34		5:51	361	13:15	647	15:20	66.31	5:48:58	5:15	1	5:48:58	1	5:48:58
Forch	11.30		5:01	113	15:11	284	18:03	77.61	6:45:41	5:13	1	6:45:41	1	6:45:41
Egg	8.75		6:05	390	19:49	681	21:03	86.36	7:38:55	5:18	1	7:38:55	1	7:38:55
Zumikon	12.99		5:21	218	16:31	454	22:40	99.35	8:48:34	5:19	1	8:48:34	1	8:48:34
Witikon	6.91		4:40	171	8:31	376	11:19	106.26	9:20:55	5:16	1	9:20:55	1	9:20:55
Fluntern	4.90		4:56	117	7:23	307	7:55	111.16	9:45:09	5:15	1	9:45:09	1	9:45:09
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:00	192	8:02	392	9:36	116.80	10:13:24	5:15	151	2:03:12	409	3:21:28