



38. SOLA-Stafette

Zürich / 07.05.2011

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Cool Runnings

□□: UNI

□□: 14

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:29:12

□□: 12.23 km/h

□□□□: 4:52 min/km

□□□□□: 136 (of 790)

□□□□□□: 6:52:28

□□□□□: 12(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:51	46	4:10	144	5:33	4.40	21:22	4:51	1	21:22	1	21:22
Buchlern	13.25		5:05	329	20:02	606	24:32	17.65	1:28:55	5:02	1	1:28:55	1	1:28:55
Uetliberg	6.20		5:34	59	5:24	174	9:00	23.85	2:03:31	5:10	1	2:03:31	1	2:03:31
Felsenegg	5.90		4:39	45	4:53	130	7:34	29.75	2:31:02	5:04	1	2:31:02	1	2:31:02
Buchlern	14.02		4:09	14	6:27	68	10:28	43.77	3:29:18	4:46	1	3:29:18	1	3:29:18
Hönggerberg	11.10		4:09	10	4:24	36	7:05	54.87	4:15:32	4:39	1	4:15:32	1	4:15:32
Irchel	5.10		5:27	201	8:44	427	11:04	59.97	4:43:22	4:43	1	4:43:22	1	4:43:22
Fluntern	6.34		6:10	414	15:13	715	17:18	66.31	5:22:28	4:51	1	5:22:28	1	5:22:28
Forch	11.30		4:22	16	7:50	67	10:42	77.61	6:11:50	4:47	1	6:11:50	1	6:11:50
Egg	8.75		5:28	238	14:26	478	15:40	86.36	6:59:41	4:51	1	6:59:41	1	6:59:41
Zumikon	12.99		4:49	69	9:29	209	15:38	99.35	8:02:18	4:51	1	8:02:18	1	8:02:18
Witikon	6.91		5:12	323	12:07	592	14:55	106.26	8:38:15	4:52	1	8:38:15	1	8:38:15
Fluntern	4.90		5:35	269	10:35	528	11:07	111.16	9:05:41	4:54	1	9:05:41	1	9:05:41
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Irchel	5.64		4:10	16	3:18	61	4:52	116.80	9:29:12	4:52	17	1:19:00	144	2:37:16