



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Fab Fourteen

□□: FH

□□: 133

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:41:19

□□: 10.93 km/h

□□□□: 5:29 min/km

□□□□□: 583 (of 790)

□□□□□□: 6:52:28

□□□□□: 293(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|----------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:04 | 94 | 5:06 | 237 | 6:29 | 4.40 | 22:18 | 5:04 | 1 | 22:18 | 1 | 22:18 |
| Buchlern | 13.25 | | 5:08 | 346 | 20:33 | 625 | 25:03 | 17.65 | 1:30:22 | 5:07 | 1 | 1:30:22 | 1 | 1:30:22 |
| Uetliberg | 6.20 | | 6:05 | 177 | 8:36 | 386 | 12:12 | 23.85 | 2:08:10 | 5:22 | 1 | 2:08:10 | 1 | 2:08:10 |
| Felsenegg | 5.90 | | 5:00 | 119 | 6:55 | 282 | 9:36 | 29.75 | 2:37:43 | 5:18 | 1 | 2:37:43 | 1 | 2:37:43 |
| Buchlern | 14.02 | | 5:00 | 207 | 18:26 | 435 | 22:27 | 43.77 | 3:47:58 | 5:12 | 1 | 3:47:58 | 1 | 3:47:58 |
| Hönggerberg | 11.10 | | 5:58 | 397 | 24:27 | 684 | 27:08 | 54.87 | 4:54:15 | 5:21 | 1 | 4:54:15 | 1 | 4:54:15 |
| Irchel | 5.10 | | 6:08 | 346 | 12:15 | 631 | 14:35 | 59.97 | 5:25:36 | 5:25 | 1 | 5:25:36 | 1 | 5:25:36 |
| Fluntern | 6.34 | | 5:48 | 353 | 12:58 | 639 | 15:03 | 66.31 | 6:02:27 | 5:27 | 1 | 6:02:27 | 1 | 6:02:27 |
| Forch | 11.30 | | 5:59 | 392 | 26:14 | 689 | 29:06 | 77.61 | 7:10:13 | 5:32 | 1 | 7:10:13 | 1 | 7:10:13 |
| Egg | 8.75 | | 4:38 | 23 | 7:14 | 103 | 8:28 | 86.36 | 7:50:52 | 5:27 | 1 | 7:50:52 | 1 | 7:50:52 |
| Zumikon | 12.99 | | 5:31 | 271 | 18:32 | 533 | 24:41 | 99.35 | 9:02:32 | 5:27 | 1 | 9:02:32 | 1 | 9:02:32 |
| Witikon | 6.91 | | 6:35 | 463 | 21:45 | 772 | 24:33 | 106.26 | 9:48:07 | 5:32 | 1 | 9:48:07 | 1 | 9:48:07 |
| Fluntern | 4.90 | | 5:08 | 170 | 8:23 | 389 | 8:55 | 111.16 | 10:13:21 | 5:31 | 1 | 10:13:21 | 1 | 10:13:21 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:57 | 174 | 7:45 | 366 | 9:19 | 116.80 | 10:41:19 | 5:29 | 304 | 2:31:07 | 601 | 3:49:23 |