



38. SOLA-Stafette

Zürich / 07.05.2011

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Fab Fourteen

□□: FH
□□: 133

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:41:19

□□: 10.85 km/h
□□□□: 5:29 min/km

□□□□□: 583 (of 790)

□□□□□□: 6:52:28

□□□□□: 293(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ 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