



# 38. SOLA-Stafette

Zürich / 07.05.2011

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ksh-selection

□□: FH  
□□: 137

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:28:50

□□: 11.07 km/h  
□□□□: 5:23 min/km

□□□□□: 504 (of 790)

□□□□□□: 6:52:28

□□□□□: 226(of 477)

□□□□□□□: 8:43:10

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□□□□

□□□

| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40     |          | 5:10         | 125     | 5:34    | 290       | 6:57      | 4.40      | 22:46     | 5:10          | 1       | 22:46   | 1         | 22:46     |
| Buchlern    | 13.25    |          | 5:51         | 457     | 30:00   | 761       | 34:30     | 17.65     | 1:40:17   | 5:40          | 1       | 1:40:17 | 1         | 1:40:17   |
| Uetliberg   | 6.20     |          | 5:28         | 44      | 4:44    | 135       | 8:20      | 23.85     | 2:14:13   | 5:37          | 1       | 2:14:13 | 1         | 2:14:13   |
| Felsenegg   | 5.90     |          | 4:21         | 13      | 3:06    | 58        | 5:47      | 29.75     | 2:39:57   | 5:22          | 1       | 2:39:57 | 1         | 2:39:57   |
| Buchlern    | 14.02    |          | 4:53         | 165     | 16:48   | 370       | 20:49     | 43.77     | 3:48:34   | 5:13          | 1       | 3:48:34 | 1         | 3:48:34   |
| Hönggerberg | 11.10    |          | 5:36         | 312     | 20:26   | 574       | 23:07     | 54.87     | 4:50:50   | 5:18          | 1       | 4:50:50 | 1         | 4:50:50   |
| Irchel      | 5.10     |          | 5:43         | 260     | 10:04   | 513       | 12:24     | 59.97     | 5:20:00   | 5:20          | 1       | 5:20:00 | 1         | 5:20:00   |
| Fluntern    | 6.34     |          | 5:27         | 286     | 10:46   | 540       | 12:51     | 66.31     | 5:54:39   | 5:20          | 1       | 5:54:39 | 1         | 5:54:39   |
| Forch       | 11.30    |          | 5:28         | 268     | 20:22   | 518       | 23:14     | 77.61     | 6:56:33   | 5:22          | 1       | 6:56:33 | 1         | 6:56:33   |
| Egg         | 8.75     |          | 5:18         | 180     | 12:58   | 389       | 14:12     | 86.36     | 7:42:56   | 5:21          | 1       | 7:42:56 | 1         | 7:42:56   |
| Zumikon     | 12.99    |          | 5:24         | 232     | 17:09   | 477       | 23:18     | 99.35     | 8:53:13   | 5:22          | 1       | 8:53:13 | 1         | 8:53:13   |
| Witikon     | 6.91     |          | 6:16         | 453     | 19:35   | 759       | 22:23     | 106.26    | 9:36:38   | 5:25          | 1       | 9:36:38 | 1         | 9:36:38   |
| Fluntern    | 4.90     |          | 4:12         | 18      | 3:47    | 74        | 4:19      | 111.16    | 9:57:16   | 5:22          | 1       | 9:57:16 | 1         | 9:57:16   |
| □□□         | -        | fehlt!   | -            | -       | -       | -         | -         | 111.16    | -         | -             | -       | -       | -         | -         |
| Irchel      | 5.64     |          | 5:35         | 341     | 11:21   | 615       | 12:55     | 116.80    | 10:28:50  | 5:23          | 237     | 2:18:38 | 522       | 3:36:54   |