



38. SOLA-Stafette

Zürich / 07.05.2011

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PHYSIO-logisch

□□: FH
□□: 139

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:37:53

□□: 10.91 km/h
□□□□: 5:27 min/km

□□□□□: 562 (of 790)

□□□□□□: 6:52:28

□□□□□: 274(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:48	44	3:58	134	5:21	4.40	21:10	4:48	1	21:10	1	21:10
Buchlern	13.25		4:46	207	15:40	436	20:10	17.65	1:24:21	4:46	1	1:24:21	1	1:24:21
Uetliberg	6.20		5:25	36	4:23	116	7:59	23.85	1:57:56	4:56	1	1:57:56	1	1:57:56
Felsenegg	5.90		5:10	152	7:55	341	10:36	29.75	2:28:29	4:59	1	2:28:29	1	2:28:29
Buchlern	14.02		5:54	408	30:57	711	34:58	43.77	3:51:15	5:16	1	3:51:15	1	3:51:15
Hönggerberg	11.10		5:15	205	16:37	424	19:18	54.87	4:49:42	5:16	1	4:49:42	1	4:49:42
Irchel	5.10		5:39	241	9:43	490	12:03	59.97	5:18:31	5:18	1	5:18:31	1	5:18:31
Fluntern	6.34		5:22	256	10:11	501	12:16	66.31	5:52:35	5:19	1	5:52:35	1	5:52:35
Forch	11.30		4:52	71	13:28	211	16:20	77.61	6:47:35	5:15	1	6:47:35	1	6:47:35
Egg	8.75		5:36	287	15:38	539	16:52	86.36	7:36:38	5:17	1	7:36:38	1	7:36:38
Zumikon	12.99		6:34	448	32:17	755	38:26	99.35	9:02:03	5:27	1	9:02:03	1	9:02:03
Witikon	6.91		5:39	409	15:17	706	18:05	106.26	9:41:10	5:28	1	9:41:10	1	9:41:10
Fluntern	4.90		5:47	311	11:31	583	12:03	111.16	10:09:32	5:29	1	10:09:32	1	10:09:32
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Irchel	5.64		5:01	198	8:08	402	9:42	116.80	10:37:53	5:27	285	2:27:41	580	3:45:57