



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Rundalang

□□: FH
□□: 141

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:26:29

□□: 11.11 km/h
□□□□: 5:21 min/km

□□□□□: 483 (of 790)

□□□□□□: 6:52:28

□□□□□: 209(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:47 | 295 | 8:16 | 556 | 9:39 | 4.40 | 25:28 | 5:47 | 1 | 25:28 | 1 | 25:28 |
| Buchlern | 13.25 | | 4:13 | 34 | 8:24 | 131 | 12:54 | 17.65 | 1:21:23 | 4:36 | 1 | 1:21:23 | 1 | 1:21:23 |
| Uetliberg | 6.20 | | 6:01 | 157 | 8:08 | 357 | 11:44 | 23.85 | 1:58:43 | 4:58 | 1 | 1:58:43 | 1 | 1:58:43 |
| Felsenegg | 5.90 | | 4:54 | 93 | 6:17 | 235 | 8:58 | 29.75 | 2:27:38 | 4:57 | 1 | 2:27:38 | 1 | 2:27:38 |
| Buchlern | 14.02 | | 6:04 | 429 | 33:20 | 734 | 37:21 | 43.77 | 3:52:47 | 5:19 | 1 | 3:52:47 | 1 | 3:52:47 |
| Hönggerberg | 11.10 | | 4:54 | 114 | 12:43 | 267 | 15:24 | 54.87 | 4:47:20 | 5:14 | 1 | 4:47:20 | 1 | 4:47:20 |
| Irchel | 5.10 | | 6:07 | 343 | 12:06 | 628 | 14:26 | 59.97 | 5:18:32 | 5:18 | 1 | 5:18:32 | 1 | 5:18:32 |
| Fluntern | 6.34 | | 4:55 | 101 | 7:20 | 259 | 9:25 | 66.31 | 5:49:45 | 5:16 | 1 | 5:49:45 | 1 | 5:49:45 |
| Forch | 11.30 | | 5:15 | 197 | 17:55 | 411 | 20:47 | 77.61 | 6:49:12 | 5:16 | 1 | 6:49:12 | 1 | 6:49:12 |
| Egg | 8.75 | | 5:13 | 146 | 12:17 | 338 | 13:31 | 86.36 | 7:34:54 | 5:16 | 1 | 7:34:54 | 1 | 7:34:54 |
| Zumikon | 12.99 | | 5:31 | 277 | 18:44 | 541 | 24:53 | 99.35 | 8:46:46 | 5:18 | 1 | 8:46:46 | 1 | 8:46:46 |
| Witikon | 6.91 | | 4:37 | 146 | 8:05 | 341 | 10:53 | 106.26 | 9:18:41 | 5:15 | 1 | 9:18:41 | 1 | 9:18:41 |
| Fluntern | 4.90 | | 6:31 | 428 | 15:08 | 732 | 15:40 | 111.16 | 9:50:40 | 5:18 | 1 | 9:50:40 | 1 | 9:50:40 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 6:21 | 439 | 15:36 | 748 | 17:10 | 116.80 | 10:26:29 | 5:21 | 220 | 2:16:17 | 501 | 3:34:33 |