



38. SOLA-Stafette

Zürich / 07.05.2011

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STRICKHOF 3

□□: FH
□□: 142

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:35:20

□□: 10.95 km/h
□□□□: 5:26 min/km

□□□□□: 545 (of 790)

□□□□□□: 6:52:28

□□□□□: 258(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:02	87	4:59	220	6:22	4.40	22:11	5:02	1	22:11	1	22:11
Buchlern	13.25		5:25	407	24:24	700	28:54	17.65	1:34:06	5:19	1	1:34:06	1	1:34:06
Uetliberg	6.20		6:27	278	10:50	527	14:26	23.85	2:14:08	5:37	1	2:14:08	1	2:14:08
Felsenegg	5.90		5:54	350	12:13	628	14:54	29.75	2:48:59	5:40	1	2:48:59	1	2:48:59
Buchlern	14.02		5:19	298	22:50	565	26:51	43.77	4:03:38	5:33	1	4:03:38	1	4:03:38
Hönggerberg	11.10		6:07	415	26:04	706	28:45	54.87	5:11:32	5:40	1	5:11:32	1	5:11:32
Irchel	5.10		4:45	65	5:11	180	7:31	59.97	5:35:49	5:35	1	5:35:49	1	5:35:49
Fluntern	6.34		5:02	138	8:07	323	10:12	66.31	6:07:49	5:32	1	6:07:49	1	6:07:49
Forch	11.30		5:44	338	23:26	620	26:18	77.61	7:12:47	5:34	1	7:12:47	1	7:12:47
Egg	8.75		5:35	285	15:32	537	16:46	86.36	8:01:44	5:34	1	8:01:44	1	8:01:44
Zumikon	12.99		5:09	155	13:58	360	20:07	99.35	9:08:50	5:31	1	9:08:50	1	9:08:50
Witikon	6.91		4:58	273	10:35	522	13:23	106.26	9:43:15	5:29	1	9:43:15	1	9:43:15
Fluntern	4.90		5:48	317	11:36	590	12:08	111.16	10:11:42	5:30	1	10:11:42	1	10:11:42
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:11	18	3:25	67	4:59	116.80	10:35:20	5:26	269	2:25:08	563	3:43:24