



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Strickhof Lernende

□□: FH  
□□: 143

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:29:15

□□: 11.06 km/h  
□□□□: 5:23 min/km

□□□□□: 506 (of 790)

□□□□□□: 6:52:28

□□□□□: 227(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:42	274	7:55	528	9:18	4.40	25:07	5:42	1	25:07	1	25:07
Buchlern	13.25		5:15	372	22:08	658	26:38	17.65	1:34:46	5:22	1	1:34:46	1	1:34:46
Uetliberg	6.20		6:28	282	10:57	533	14:33	23.85	2:14:55	5:39	1	2:14:55	1	2:14:55
Felsenegg	5.90		6:47	449	17:29	757	20:10	29.75	2:55:02	5:53	1	2:55:02	1	2:55:02
Buchlern	14.02		6:02	426	32:57	730	36:58	43.77	4:19:48	5:56	1	4:19:48	1	4:19:48
Hönggerberg	11.10		5:10	183	15:41	390	18:22	54.87	5:17:19	5:46	1	5:17:19	1	5:17:19
Irchel	5.10		6:27	396	13:50	694	16:10	59.97	5:50:15	5:50	1	5:50:15	1	5:50:15
Fluntern	6.34		4:55	103	7:22	262	9:27	66.31	6:21:30	5:45	1	6:21:30	1	6:21:30
Forch	11.30		4:34	31	10:15	118	13:07	77.61	7:13:17	5:34	1	7:13:17	1	7:13:17
Egg	8.75		5:14	153	12:27	353	13:41	86.36	7:59:09	5:32	1	7:59:09	1	7:59:09
Zumikon	12.99		4:17	8	2:32	50	8:41	99.35	8:54:49	5:22	1	8:54:49	1	8:54:49
Witikon	6.91		5:55	426	17:05	729	19:53	106.26	9:35:44	5:25	1	9:35:44	1	9:35:44
Fluntern	4.90		6:03	371	12:50	657	13:22	111.16	10:05:25	5:26	1	10:05:25	1	10:05:25
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Irchel	5.64		4:13	21	3:37	74	5:11	116.80	10:29:15	5:23	238	2:19:03	524	3:37:19