



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ZHAW SML - BF08TZa

□□: FH

□□: 146

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:02:57

□□: 10.50 km/h

□□□□: 5:40 min/km

□□□□□: 682 (of 790)

□□□□□□: 6:52:28

□□□□□: 384(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:12	390	10:05	675	11:28	4.40	27:17	6:12	1	27:17	1	27:17
Buchlern	13.25		5:28	415	24:56	710	29:26	17.65	1:39:44	5:39	1	1:39:44	1	1:39:44
Uetliberg	6.20		7:06	395	14:53	689	18:29	23.85	2:23:49	6:01	1	2:23:49	1	2:23:49
Felsenegg	5.90		5:08	147	7:41	330	10:22	29.75	2:54:08	5:51	1	2:54:08	1	2:54:08
Buchlern	14.02		5:24	329	24:02	606	28:03	43.77	4:09:59	5:42	1	4:09:59	1	4:09:59
Hönggerberg	11.10		5:40	327	21:08	596	23:49	54.87	5:12:57	5:42	1	5:12:57	1	5:12:57
Irchel	5.10		5:19	172	8:05	377	10:25	59.97	5:40:08	5:40	1	5:40:08	1	5:40:08
Fluntern	6.34		4:37	44	5:27	135	7:32	66.31	6:09:28	5:34	1	6:09:28	1	6:09:28
Forch	11.30		5:04	137	15:53	321	18:45	77.61	7:06:53	5:30	1	7:06:53	1	7:06:53
Egg	8.75		6:18	425	21:51	725	23:05	86.36	8:02:09	5:34	1	8:02:09	1	8:02:09
Zumikon	12.99		5:18	198	15:46	425	21:55	99.35	9:11:03	5:32	1	9:11:03	1	9:11:03
Witikon	6.91		7:05	469	25:08	780	27:56	106.26	10:00:01	5:38	1	10:00:01	1	10:00:01
Fluntern	4.90		6:45	448	16:15	755	16:47	111.16	10:33:07	5:41	1	10:33:07	1	10:33:07
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Irchel	5.64		5:17	271	9:37	515	11:11	116.80	11:02:57	5:40	396	2:52:45	701	4:11:01