



38. SOLA-Stafette

Zürich / 07.05.2011

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die geilen schenkel

□□: UNI
□□: 16

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:18:03

□□: 11.26 km/h
□□□□: 5:17 min/km

□□□□□: 422 (of 790)

□□□□□□: 6:52:28

□□□□□: 161 (of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		5:09	118	5:29	280	6:52	4.40	22:41	5:09	1	22:41	1	22:41	
Buchlern	13.25		5:05	329	20:02	606	24:32	17.65	1:30:14	5:06	1	1:30:14	1	1:30:14	
Uetliberg	6.20		5:48	102	6:49	263	10:25	23.85	2:06:15	5:17	1	2:06:15	1	2:06:15	
Felsenegg	5.90		5:54	350	12:13	628	14:54	29.75	2:41:06	5:24	1	2:41:06	1	2:41:06	
Buchlern	14.02		4:51	151	16:20	347	20:21	43.77	3:49:15	5:14	1	3:49:15	1	3:49:15	
Hönggerberg	11.10		5:37	314	20:32	577	23:13	54.87	4:51:37	5:18	1	4:51:37	1	4:51:37	
Irchel	5.10		5:47	272	10:24	532	12:44	59.97	5:21:07	5:21	1	5:21:07	1	5:21:07	
Fluntern	6.34		5:59	384	14:06	673	16:11	66.31	5:59:06	5:24	1	5:59:06	1	5:59:06	
Forch	11.30		5:08	152	16:29	345	19:21	77.61	6:57:07	5:22	1	6:57:07	1	6:57:07	
Egg	8.75		5:52	357	17:57	635	19:11	86.36	7:48:29	5:25	1	7:48:29	1	7:48:29	
Zumikon	12.99		5:02	114	12:15	300	18:24	99.35	8:53:52	5:22	1	8:53:52	1	8:53:52	
Witikon	6.91		4:39	163	8:23	366	11:11	106.26	9:26:05	5:19	1	9:26:05	1	9:26:05	
Fluntern	4.90		5:08	169	8:22	388	8:54	111.16	9:51:18	5:19	1	9:51:18	1	9:51:18	
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-	
Irchel	5.64		4:44	117	6:32	272	8:06	116.80	10:18:03	5:17	172	2:07:51	439	3:26:07	