



38. SOLA-Stafette

Zürich / 07.05.2011

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Die gestiefelten Muskelkater

□□: UNI

□□: 17

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:26:39

□□: 11.11 km/h

□□□□: 5:21 min/km

□□□□□: 484 (of 790)

□□□□□□: 6:52:28

□□□□□: 210(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:52	52	4:14	151	5:37	4.40	21:26	4:52	1	21:26	1	21:26
Buchlern	13.25		4:43	188	15:04	409	19:34	17.65	1:24:01	4:45	1	1:24:01	1	1:24:01
Uetliberg	6.20		5:35	62	5:28	180	9:04	23.85	1:58:41	4:58	1	1:58:41	1	1:58:41
Felsenegg	5.90		5:50	333	11:49	603	14:30	29.75	2:33:08	5:08	1	2:33:08	1	2:33:08
Buchlern	14.02		5:02	218	18:57	451	22:58	43.77	3:43:54	5:06	1	3:43:54	1	3:43:54
Hönggerberg	11.10		5:39	326	21:03	595	23:44	54.87	4:46:47	5:13	1	4:46:47	1	4:46:47
Irchel	5.10		6:52	441	15:59	741	18:19	59.97	5:21:52	5:22	1	5:21:52	1	5:21:52
Fluntern	6.34		5:59	386	14:09	675	16:14	66.31	5:59:54	5:25	1	5:59:54	1	5:59:54
Forch	11.30		5:44	336	23:20	616	26:12	77.61	7:04:46	5:28	1	7:04:46	1	7:04:46
Egg	8.75		4:59	87	10:17	237	11:31	86.36	7:48:28	5:25	1	7:48:28	1	7:48:28
Zumikon	12.99		5:48	349	22:23	638	28:32	99.35	9:03:59	5:28	1	9:03:59	1	9:03:59
Witikon	6.91		4:39	163	8:23	366	11:11	106.26	9:36:12	5:25	1	9:36:12	1	9:36:12
Fluntern	4.90		4:52	100	7:02	276	7:34	111.16	10:00:05	5:23	1	10:00:05	1	10:00:05
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:42	112	6:21	261	7:55	116.80	10:26:39	5:21	221	2:16:27	502	3:34:43