



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Die Kriechschreiter

□□: UNI
□□: 18

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:53:51

□□: 11.80 km/h
□□□□: 5:05 min/km

□□□□□: 255 (of 790)

□□□□□□: 6:52:28

□□□□□: 56(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:08	114	5:25	273	6:48	4.40	22:37	5:08	1	22:37	1	22:37
Buchlern	13.25		4:46	207	15:40	436	20:10	17.65	1:25:48	4:51	1	1:25:48	1	1:25:48
Uetliberg	6.20		6:01	157	8:08	357	11:44	23.85	2:03:08	5:09	1	2:03:08	1	2:03:08
Felsenegg	5.90		5:07	144	7:38	325	10:19	29.75	2:33:24	5:09	1	2:33:24	1	2:33:24
Buchlern	14.02		4:43	111	14:30	273	18:31	43.77	3:39:43	5:01	1	3:39:43	1	3:39:43
Hönggerberg	11.10		5:30	277	19:17	531	21:58	54.87	4:40:50	5:07	1	4:40:50	1	4:40:50
Irchel	5.10		4:16	18	2:42	60	5:02	59.97	5:02:38	5:02	1	5:02:38	1	5:02:38
Fluntern	6.34		5:44	335	12:28	615	14:33	66.31	5:38:59	5:06	1	5:38:59	1	5:38:59
Forch	11.30		5:41	321	22:50	599	25:42	77.61	6:43:21	5:11	1	6:43:21	1	6:43:21
Egg	8.75		5:14	156	12:29	356	13:43	86.36	7:29:15	5:12	1	7:29:15	1	7:29:15
Zumikon	12.99		4:52	80	10:09	231	16:18	99.35	8:32:32	5:09	1	8:32:32	1	8:32:32
Witikon	6.91		4:19	82	6:00	204	8:48	106.26	9:02:22	5:06	1	9:02:22	1	9:02:22
Fluntern	4.90		5:19	210	9:16	455	9:48	111.16	9:28:29	5:06	1	9:28:29	1	9:28:29
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:29	62	5:09	161	6:43	116.80	9:53:51	5:05	64	1:43:39	269	3:01:55