



38. SOLA-Stafette

Zürich / 07.05.2011

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FSW & Friends

□□: UNI

□□: 20

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:17:17

□□: 11.28 km/h

□□□□: 5:17 min/km

□□□□□: 415 (of 790)

□□□□□□: 6:52:28

□□□□□: 155(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	70	4:30	179	5:53	4.40	21:42	4:55	1	21:42	1	21:42
Buchlern	13.25		5:22	398	23:42	690	28:12	17.65	1:32:55	5:15	1	1:32:55	1	1:32:55
Uetliberg	6.20		6:08	195	8:52	414	12:28	23.85	2:10:59	5:29	1	2:10:59	1	2:10:59
Felsenegg	5.90		5:55	358	12:22	639	15:03	29.75	2:45:59	5:34	1	2:45:59	1	2:45:59
Buchlern	14.02		4:37	86	13:08	231	17:09	43.77	3:50:56	5:16	1	3:50:56	1	3:50:56
Hönggerberg	11.10		5:23	241	17:57	478	20:38	54.87	4:50:43	5:17	1	4:50:43	1	4:50:43
Irchel	5.10		6:02	334	11:43	615	14:03	59.97	5:21:32	5:21	1	5:21:32	1	5:21:32
Fluntern	6.34		4:21	18	3:45	68	5:50	66.31	5:49:10	5:15	1	5:49:10	1	5:49:10
Forch	11.30		5:18	210	18:24	432	21:16	77.61	6:49:06	5:16	1	6:49:06	1	6:49:06
Egg	8.75		5:25	222	13:59	458	15:13	86.36	7:36:30	5:17	1	7:36:30	1	7:36:30
Zumikon	12.99		5:36	295	19:44	565	25:53	99.35	8:49:22	5:19	1	8:49:22	1	8:49:22
Witikon	6.91		4:39	167	8:24	370	11:12	106.26	9:21:36	5:17	1	9:21:36	1	9:21:36
Fluntern	4.90		5:33	255	10:22	510	10:54	111.16	9:48:49	5:17	1	9:48:49	1	9:48:49
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Irchel	5.64		5:02	201	8:15	406	9:49	116.80	10:17:17	5:17	166	2:07:05	432	3:25:21