



38. SOLA-Stafette

Zürich / 07.05.2011

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Gluteus maximus sprintus

□□: UNI
□□: 22

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:38:06

□□: 12.04 km/h
□□□□: 4:56 min/km

□□□□□: 175 (of 790)

□□□□□□: 6:52:28

□□□□□: 23(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	188	6:35	393	7:58	4.40	23:47	5:24	1	23:47	1	23:47
Buchlern	13.25		4:18	55	9:33	176	14:03	17.65	1:20:51	4:34	1	1:20:51	1	1:20:51
Uetliberg	6.20		6:04	172	8:26	378	12:02	23.85	1:58:29	4:58	1	1:58:29	1	1:58:29
Felsenegg	5.90		4:37	36	4:42	117	7:23	29.75	2:25:49	4:54	1	2:25:49	1	2:25:49
Buchlern	14.02		4:14	22	7:33	93	11:34	43.77	3:25:11	4:41	1	3:25:11	1	3:25:11
Hönggerberg	11.10		5:05	163	14:42	356	17:23	54.87	4:21:43	4:46	1	4:21:43	1	4:21:43
Irchel	5.10		5:56	309	11:13	584	13:33	59.97	4:52:02	4:52	1	4:52:02	1	4:52:02
Fluntern	6.34		4:30	33	4:42	112	6:47	66.31	5:20:37	4:50	1	5:20:37	1	5:20:37
Forch	11.30		4:55	85	14:09	243	17:01	77.61	6:16:18	4:50	1	6:16:18	1	6:16:18
Egg	8.75		5:19	194	13:08	407	14:22	86.36	7:02:51	4:53	1	7:02:51	1	7:02:51
Zumikon	12.99		4:56	91	11:09	255	17:18	99.35	8:07:08	4:54	1	8:07:08	1	8:07:08
Witikon	6.91		4:30	123	7:17	290	10:05	106.26	8:38:15	4:52	1	8:38:15	1	8:38:15
Fluntern	4.90		5:48	321	11:38	594	12:10	111.16	9:06:44	4:55	1	9:06:44	1	9:06:44
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:33	338	11:09	611	12:43	116.80	9:38:06	4:56	29	1:27:54	184	2:46:10