



38. SOLA-Stafette

Zürich / 07.05.2011

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Hot Plants

□□: UNI
□□: 25

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:54:43

□□: 11.70 km/h
□□□□: 5:05 min/km

□□□□□: 262 (of 790)

□□□□□□: 6:52:28

□□□□□: 59(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:57	341	9:03	609	10:26	4.40	26:15	5:57	1	26:15	1	26:15
Buchlern	13.25		5:24	406	24:13	698	28:43	17.65	1:37:59	5:33	1	1:37:59	1	1:37:59
Uetliberg	6.20		6:11	209	9:11	433	12:47	23.85	2:16:22	5:43	1	2:16:22	1	2:16:22
Felsenegg	5.90		5:46	321	11:25	584	14:06	29.75	2:50:25	5:43	1	2:50:25	1	2:50:25
Buchlern	14.02		4:44	114	14:36	277	18:37	43.77	3:56:50	5:24	1	3:56:50	1	3:56:50
Hönggerberg	11.10		4:05	6	3:38	27	6:19	54.87	4:42:18	5:08	1	4:42:18	1	4:42:18
Irchel	5.10		6:21	376	13:19	670	15:39	59.97	5:14:43	5:14	1	5:14:43	1	5:14:43
Fluntern	6.34		5:49	355	13:05	641	15:10	66.31	5:51:41	5:18	1	5:51:41	1	5:51:41
Forch	11.30		5:26	259	20:00	504	22:52	77.61	6:53:13	5:19	1	6:53:13	1	6:53:13
Egg	8.75		4:42	30	7:45	119	8:59	86.36	7:34:23	5:15	1	7:34:23	1	7:34:23
Zumikon	12.99		4:45	55	8:38	182	14:47	99.35	8:36:09	5:11	1	8:36:09	1	8:36:09
Witikon	6.91		4:26	106	6:49	256	9:37	106.26	9:06:48	5:08	1	9:06:48	1	9:06:48
Fluntern	4.90		4:20	31	4:26	107	4:58	111.16	9:28:05	5:06	1	9:28:05	1	9:28:05
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Irchel	5.64		4:43	114	6:25	263	7:59	116.80	9:54:43	5:05	67	1:44:31	276	3:02:47