



38. SOLA-Stafette

Zürich / 07.05.2011

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Newruns

□□: UNI
□□: 34

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:43:50

□□: 9.89 km/h
□□□□: 6:01 min/km

□□□□□: 762 (of 790)

□□□□□□: 6:52:28

□□□□□: 457 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:50	448	12:56	757	14:19	4.40	30:08	6:50	1	30:08	1	30:08
Buchlern	13.25		6:23	468	37:05	778	41:35	17.65	1:54:44	6:30	1	1:54:44	1	1:54:44
Uetliberg	6.20		6:01	157	8:08	357	11:44	23.85	2:32:04	6:22	1	2:32:04	1	2:32:04
Felsenegg	5.90		6:06	398	13:26	687	16:07	29.75	3:08:08	6:19	1	3:08:08	1	3:08:08
Buchlern	14.02		5:55	412	31:19	716	35:20	43.77	4:31:16	6:11	1	4:31:16	1	4:31:16
Hönggerberg	11.10		5:54	384	23:46	667	26:27	54.87	5:36:52	6:08	1	5:36:52	1	5:36:52
Irchel	5.10		6:41	426	15:01	725	17:21	59.97	6:10:59	6:11	1	6:10:59	1	6:10:59
Fluntern	6.34		5:35	319	11:35	586	13:40	66.31	6:46:27	6:07	1	6:46:27	1	6:46:27
Forch	11.30		4:58	98	14:37	262	17:29	77.61	7:42:36	5:57	1	7:42:36	1	7:42:36
Egg	8.75		6:51	453	26:32	763	27:46	86.36	8:42:33	6:03	1	8:42:33	1	8:42:33
Zumikon	12.99		5:26	246	17:34	500	23:43	99.35	9:53:15	5:58	1	9:53:15	1	9:53:15
Witikon	6.91		6:21	455	20:03	761	22:51	106.26	10:37:08	5:59	1	10:37:08	1	10:37:08
Fluntern	4.90		6:20	411	14:13	709	14:45	111.16	11:08:12	6:00	1	11:08:12	1	11:08:12
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Irchel	5.64		6:19	438	15:25	747	16:59	116.80	11:43:50	6:01	469	3:33:38	782	4:51:54