



38. SOLA-Stafette

Zürich / 07.05.2011

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nikaboombastic

□□: UNI
□□: 35

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:59:32

□□: 9.74 km/h
□□□□: 6:09 min/km

□□□□□: 768 (of 790)

□□□□□□: 6:52:28

□□□□□: 463(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:44	281	8:03	538	9:26	4.40	25:15	5:44	1	25:15	1	25:15
Buchlern	13.25		5:02	313	19:14	585	23:44	17.65	1:32:00	5:12	1	1:32:00	1	1:32:00
Uetliberg	6.20		7:05	392	14:47	686	18:23	23.85	2:15:59	5:42	1	2:15:59	1	2:15:59
Felsenegg	5.90		6:05	392	13:17	680	15:58	29.75	2:51:54	5:46	1	2:51:54	1	2:51:54
Buchlern	14.02		6:46	467	43:16	777	47:17	43.77	4:26:59	6:05	1	4:26:59	1	4:26:59
Hönggerberg	11.10		6:49	460	33:59	769	36:40	54.87	5:42:48	6:14	1	5:42:48	1	5:42:48
Irchel	5.10		5:24	193	8:31	412	10:51	59.97	6:10:25	6:10	1	6:10:25	1	6:10:25
Fluntern	6.34		7:11	470	21:40	779	23:45	66.31	6:55:58	6:16	1	6:55:58	1	6:55:58
Forch	11.30		5:18	213	18:30	437	21:22	77.61	7:56:00	6:07	1	7:56:00	1	7:56:00
Egg	8.75		6:05	390	19:49	681	21:03	86.36	8:49:14	6:07	1	8:49:14	1	8:49:14
Zumikon	12.99		5:56	379	24:09	676	30:18	99.35	10:06:31	6:06	1	10:06:31	1	10:06:31
Witikon	6.91		6:56	467	24:09	778	26:57	106.26	10:54:30	6:09	1	10:54:30	1	10:54:30
Fluntern	4.90		6:21	417	14:19	716	14:51	111.16	11:25:40	6:10	1	11:25:40	1	11:25:40
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Irchel	5.64		6:00	406	13:39	706	15:13	116.80	11:59:32	6:09	475	3:49:20	788	5:07:36