



38. SOLA-Stafette

Zürich / 07.05.2011

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PHantastische 14

□□: UNI
□□: 37

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:00:10

□□: 10.62 km/h
□□□□: 5:39 min/km

□□□□□: 673 (of 790)

□□□□□□: 6:52:28

□□□□□: 376(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:21	175	6:23	371	7:46	4.40	23:35	5:21	1	23:35	1	23:35
Buchlern	13.25		4:54	264	17:26	516	21:56	17.65	1:28:32	5:00	1	1:28:32	1	1:28:32
Uetliberg	6.20		6:55	359	13:46	650	17:22	23.85	2:11:30	5:30	1	2:11:30	1	2:11:30
Felsenegg	5.90		6:39	440	16:38	748	19:19	29.75	2:50:46	5:44	1	2:50:46	1	2:50:46
Buchlern	14.02		5:41	383	28:03	674	32:04	43.77	4:10:38	5:43	1	4:10:38	1	4:10:38
Hönggerberg	11.10		5:50	367	23:06	649	25:47	54.87	5:15:34	5:45	1	5:15:34	1	5:15:34
Irchel	5.10		5:59	319	11:25	596	13:45	59.97	5:46:05	5:46	1	5:46:05	1	5:46:05
Fluntern	6.34		5:23	266	10:20	517	12:25	66.31	6:20:18	5:44	1	6:20:18	1	6:20:18
Forch	11.30		6:27	436	31:31	744	34:23	77.61	7:33:21	5:50	1	7:33:21	1	7:33:21
Egg	8.75		4:41	27	7:36	113	8:50	86.36	8:14:22	5:43	1	8:14:22	1	8:14:22
Zumikon	12.99		5:45	336	21:46	622	27:55	99.35	9:29:16	5:43	1	9:29:16	1	9:29:16
Witikon	6.91		4:32	133	7:33	308	10:21	106.26	10:00:39	5:39	1	10:00:39	1	10:00:39
Fluntern	4.90		6:03	373	12:52	659	13:24	111.16	10:30:22	5:40	1	10:30:22	1	10:30:22
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Irchel	5.64		5:17	267	9:35	511	11:09	116.80	11:00:10	5:39	388	2:49:58	692	4:08:14