



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

ZKBler

□□: G_ste

□□: 371

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:30:47

□□: 12.19 km/h

□□□□: 4:53 min/km

□□□□□: 141 (of 790)

□□□□□□: 6:52:28

□□□□□: 13(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	67	4:28	173	5:51	4.40	21:40	4:55	1	21:40	1	21:40
Buchlern	13.25		4:26	88	11:22	242	15:52	17.65	1:20:33	4:33	1	1:20:33	1	1:20:33
Uetliberg	6.20		5:39	77	5:56	211	9:32	23.85	1:55:41	4:51	1	1:55:41	1	1:55:41
Felsenegg	5.90		4:09	6	1:56	28	4:37	29.75	2:20:15	4:42	1	2:20:15	1	2:20:15
Buchlern	14.02		5:03	225	19:03	458	23:04	43.77	3:31:07	4:49	1	3:31:07	1	3:31:07
Hönggerberg	11.10		5:02	145	14:12	327	16:53	54.87	4:27:09	4:52	1	4:27:09	1	4:27:09
Irchel	5.10		4:53	88	5:49	223	8:09	59.97	4:52:04	4:52	1	4:52:04	1	4:52:04
Fluntern	6.34		5:16	219	9:36	455	11:41	66.31	5:25:33	4:54	1	5:25:33	1	5:25:33
Forch	11.30		4:58	97	14:36	261	17:28	77.61	6:21:41	4:55	1	6:21:41	1	6:21:41
Egg	8.75		5:01	92	10:31	249	11:45	86.36	7:05:37	4:55	1	7:05:37	1	7:05:37
Zumikon	12.99		4:46	61	8:54	192	15:03	99.35	8:07:39	4:54	1	8:07:39	1	8:07:39
Witikon	6.91		5:05	301	11:18	558	14:06	106.26	8:42:47	4:55	1	8:42:47	1	8:42:47
Fluntern	4.90		4:35	60	5:40	187	6:12	111.16	9:05:18	4:54	1	9:05:18	1	9:05:18
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:31	66	5:16	169	6:50	116.80	9:30:47	4:53	18	1:20:35	150	2:38:51