



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## An-Aerobic

□□: Ang.

□□: 377

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:22:47

□□: 11.18 km/h

□□□□: 5:19 min/km

□□□□□: 457 (of 790)

□□□□□□: 6:52:28

□□□□□: 188(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:08	384	9:51	664	11:14	4.40	27:03	6:08	1	27:03	1	27:03
Buchlern	13.25		5:10	358	21:09	639	25:39	17.65	1:35:43	5:25	1	1:35:43	1	1:35:43
Uetliberg	6.20		6:57	369	13:59	660	17:35	23.85	2:18:54	5:49	1	2:18:54	1	2:18:54
Felsenegg	5.90		5:02	125	7:04	290	9:45	29.75	2:48:36	5:40	1	2:48:36	1	2:48:36
Buchlern	14.02		5:19	300	22:54	567	26:55	43.77	4:03:19	5:33	1	4:03:19	1	4:03:19
Hönggerberg	11.10		6:14	422	27:26	719	30:07	54.87	5:12:35	5:41	1	5:12:35	1	5:12:35
Irchel	5.10		4:52	86	5:46	218	8:06	59.97	5:37:27	5:37	1	5:37:27	1	5:37:27
Fluntern	6.34		5:52	366	13:24	652	15:29	66.31	6:14:44	5:39	1	6:14:44	1	6:14:44
Forch	11.30		5:05	138	15:58	324	18:50	77.61	7:12:14	5:34	1	7:12:14	1	7:12:14
Egg	8.75		4:25	11	5:15	55	6:29	86.36	7:50:54	5:27	1	7:50:54	1	7:50:54
Zumikon	12.99		4:35	33	6:33	125	12:42	99.35	8:50:35	5:20	1	8:50:35	1	8:50:35
Witikon	6.91		4:23	97	6:33	238	9:21	106.26	9:20:58	5:16	1	9:20:58	1	9:20:58
Fluntern	4.90		6:19	406	14:08	703	14:40	111.16	9:51:57	5:19	1	9:51:57	1	9:51:57
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Irchel	5.64		5:28	315	10:37	576	12:11	116.80	10:22:47	5:19	199	2:12:35	475	3:30:51