



38. SOLA-Stafette

Zürich / 07.05.2011

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Piz Dora

□□: UNI

□□: 38

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:43:24

□□: 10.82 km/h

□□□□: 5:30 min/km

□□□□□: 591 (of 790)

□□□□□□: 6:52:28

□□□□□: 301(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:15	398	10:19	685	11:42	4.40	27:31	6:15	1	27:31	1	27:31
Buchlern	13.25		4:48	228	16:09	466	20:39	17.65	1:31:11	5:09	1	1:31:11	1	1:31:11
Uetliberg	6.20		5:09	15	2:47	62	6:23	23.85	2:03:10	5:09	1	2:03:10	1	2:03:10
Felsenegg	5.90		5:43	313	11:09	570	13:50	29.75	2:36:57	5:16	1	2:36:57	1	2:36:57
Buchlern	14.02		5:58	418	31:51	722	35:52	43.77	4:00:37	5:29	1	4:00:37	1	4:00:37
Hönggerberg	11.10		5:33	296	19:47	553	22:28	54.87	5:02:14	5:30	1	5:02:14	1	5:02:14
Irchel	5.10		5:28	204	8:49	431	11:09	59.97	5:30:09	5:30	1	5:30:09	1	5:30:09
Fluntern	6.34		6:30	443	17:24	748	19:29	66.31	6:11:26	5:36	1	6:11:26	1	6:11:26
Forch	11.30		4:53	76	13:40	220	16:32	77.61	7:06:38	5:29	1	7:06:38	1	7:06:38
Egg	8.75		6:24	433	22:43	734	23:57	86.36	8:02:46	5:35	1	8:02:46	1	8:02:46
Zumikon	12.99		6:07	404	26:20	706	32:29	99.35	9:22:14	5:39	1	9:22:14	1	9:22:14
Witikon	6.91		4:54	249	10:02	493	12:50	106.26	9:56:06	5:36	1	9:56:06	1	9:56:06
Fluntern	4.90		4:37	62	5:47	194	6:19	111.16	10:18:44	5:33	1	10:18:44	1	10:18:44
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:22	39	4:27	111	6:01	116.80	10:43:24	5:30	313	2:33:12	610	3:51:28