



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## ATTEAM

□□: Ang.

□□: 380

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:02:58

□□: 11.54 km/h

□□□□: 5:09 min/km

□□□□□: 327 (of 790)

□□□□□□: 6:52:28

□□□□□: 97(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:33	231	7:17	464	8:40	4.40	24:29	5:33	1	24:29	1	24:29
Buchlern	13.25		4:07	23	7:04	103	11:34	17.65	1:19:04	4:28	1	1:19:04	1	1:19:04
Uetliberg	6.20		5:31	52	5:03	151	8:39	23.85	1:53:19	4:45	1	1:53:19	1	1:53:19
Felsenegg	5.90		4:37	36	4:42	117	7:23	29.75	2:20:39	4:43	1	2:20:39	1	2:20:39
Buchlern	14.02		4:54	168	16:56	373	20:57	43.77	3:29:24	4:47	1	3:29:24	1	3:29:24
Hönggerberg	11.10		5:55	388	23:57	672	26:38	54.87	4:35:11	5:00	1	4:35:11	1	4:35:11
Irchel	5.10		4:20	19	3:01	68	5:21	59.97	4:57:18	4:57	1	4:57:18	1	4:57:18
Fluntern	6.34		4:53	91	7:05	240	9:10	66.31	5:28:16	4:57	1	5:28:16	1	5:28:16
Forch	11.30		4:28	24	8:58	86	11:50	77.61	6:18:46	4:52	1	6:18:46	1	6:18:46
Egg	8.75		5:35	283	15:30	534	16:44	86.36	7:07:41	4:57	1	7:07:41	1	7:07:41
Zumikon	12.99		6:32	443	31:48	749	37:57	99.35	8:32:37	5:09	1	8:32:37	1	8:32:37
Witikon	6.91		5:47	417	16:09	719	18:57	106.26	9:12:36	5:12	1	9:12:36	1	9:12:36
Fluntern	4.90		4:58	127	7:31	318	8:03	111.16	9:36:58	5:11	1	9:36:58	1	9:36:58
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Irchel	5.64		4:36	88	5:47	217	7:21	116.80	10:02:58	5:09	107	1:52:46	343	3:11:02