



38. SOLA-Stafette

Zürich / 07.05.2011

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Beriker Jogger

□□: Ang.
□□: 384

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:12:19

□□: 11.37 km/h
□□□□: 5:14 min/km

□□□□□: 388 (of 790)

□□□□□□: 6:52:28

□□□□□: 137(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:20	173	6:20	365	7:43	4.40	23:32	5:20	1	23:32	1	23:32
Buchlern	13.25		4:41	181	14:44	399	19:14	17.65	1:25:47	4:51	1	1:25:47	1	1:25:47
Uetliberg	6.20		5:44	90	6:21	235	9:57	23.85	2:01:20	5:05	1	2:01:20	1	2:01:20
Felsenegg	5.90		5:39	296	10:46	548	13:27	29.75	2:34:44	5:12	1	2:34:44	1	2:34:44
Buchlern	14.02		5:41	384	28:04	675	32:05	43.77	3:54:37	5:21	1	3:54:37	1	3:54:37
Hönggerberg	11.10		5:26	249	18:29	490	21:10	54.87	4:54:56	5:22	1	4:54:56	1	4:54:56
Irchel	5.10		5:38	239	9:39	488	11:59	59.97	5:23:41	5:23	1	5:23:41	1	5:23:41
Fluntern	6.34		5:12	195	9:11	420	11:16	66.31	5:56:45	5:22	1	5:56:45	1	5:56:45
Forch	11.30		4:54	83	14:01	239	16:53	77.61	6:52:18	5:18	1	6:52:18	1	6:52:18
Egg	8.75		6:07	401	20:15	693	21:29	86.36	7:45:58	5:23	1	7:45:58	1	7:45:58
Zumikon	12.99		5:28	260	18:03	517	24:12	99.35	8:57:09	5:24	1	8:57:09	1	8:57:09
Witikon	6.91		4:06	43	4:34	119	7:22	106.26	9:25:33	5:19	1	9:25:33	1	9:25:33
Fluntern	4.90		4:17	25	4:09	95	4:41	111.16	9:46:33	5:16	1	9:46:33	1	9:46:33
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Irchel	5.64		4:34	78	5:33	194	7:07	116.80	10:12:19	5:14	148	2:02:07	405	3:20:23