



38. SOLA-Stafette

Zürich / 07.05.2011

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Berner Reha Runners

□□: Ang.

□□: 385

□□□: 10:27:04

□□: - km/h

□□□□: 5:22 min/km

Enduro E Bike

□□□□□: 489 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 213(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:41	271	7:52	525	9:15	4.40	25:04	5:41	1	25:04	1	25:04
Buchlern	13.25		4:36	144	13:36	343	18:06	17.65	1:26:11	4:52	1	1:26:11	1	1:26:11
Uetliberg	6.20		6:23	254	10:23	493	13:59	23.85	2:05:46	5:16	1	2:05:46	1	2:05:46
Felsenegg	5.90		5:31	250	9:56	484	12:37	29.75	2:38:20	5:19	1	2:38:20	1	2:38:20
Buchlern	14.02		5:26	338	24:27	618	28:28	43.77	3:54:36	5:21	1	3:54:36	1	3:54:36
Hönggerberg	11.10		5:29	273	19:10	525	21:51	54.87	4:55:36	5:23	1	4:55:36	1	4:55:36
Irchel	5.10		6:12	352	12:34	640	14:54	59.97	5:27:16	5:27	1	5:27:16	1	5:27:16
Fluntern	6.34		6:04	395	14:39	691	16:44	66.31	6:05:48	5:30	1	6:05:48	1	6:05:48
Forch	11.30		5:43	332	23:07	612	25:59	77.61	7:10:27	5:32	1	7:10:27	1	7:10:27
Egg	8.75		5:28	238	14:26	478	15:40	86.36	7:58:18	5:32	1	7:58:18	1	7:58:18
Zumikon	12.99		4:17	9	2:41	52	8:50	99.35	8:54:07	5:22	1	8:54:07	1	8:54:07
Witikon	6.91		5:17	346	12:42	621	15:30	106.26	9:30:39	5:22	1	9:30:39	1	9:30:39
Fluntern	4.90		6:16	400	13:54	694	14:26	111.16	10:01:24	5:24	1	10:01:24	1	10:01:24
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:33	73	5:27	183	7:01	-	10:27:04	-	224	2:16:52	506	3:35:08