



38. SOLA-Stafette

Zürich / 07.05.2011

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Binzmühle in Rotation

□□: Ang.

□□: 387

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:09:07

□□: 10.40 km/h

□□□□: 5:43 min/km

□□□□□: 704 (of 790)

□□□□□□: 6:52:28

□□□□□: 403(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:50	446	12:53	755	14:16	4.40	30:05	6:50	1	30:05	1	30:05
Buchlern	13.25		6:29	470	38:31	781	43:01	17.65	1:56:07	6:34	1	1:56:07	1	1:56:07
Uetliberg	6.20		5:50	107	7:01	272	10:37	23.85	2:32:20	6:23	1	2:32:20	1	2:32:20
Felsenegg	5.90		4:34	29	4:24	101	7:05	29.75	2:59:22	6:01	1	2:59:22	1	2:59:22
Buchlern	14.02		6:07	437	34:06	743	38:07	43.77	4:25:17	6:03	1	4:25:17	1	4:25:17
Hönggerberg	11.10		5:26	253	18:35	496	21:16	54.87	5:25:42	5:56	1	5:25:42	1	5:25:42
Irchel	5.10		4:32	34	4:04	107	6:24	59.97	5:48:52	5:49	1	5:48:52	1	5:48:52
Fluntern	6.34		6:28	441	17:08	746	19:13	66.31	6:29:53	5:52	1	6:29:53	1	6:29:53
Forch	11.30		5:27	261	20:08	507	23:00	77.61	7:31:33	5:49	1	7:31:33	1	7:31:33
Egg	8.75		5:37	292	15:47	546	17:01	86.36	8:20:45	5:47	1	8:20:45	1	8:20:45
Zumikon	12.99		5:57	380	24:10	677	30:19	99.35	9:38:03	5:49	1	9:38:03	1	9:38:03
Witikon	6.91		5:53	423	16:56	726	19:44	106.26	10:18:49	5:49	1	10:18:49	1	10:18:49
Fluntern	4.90		4:43	75	6:19	227	6:51	111.16	10:41:59	5:46	1	10:41:59	1	10:41:59
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Irchel	5.64		4:48	136	6:55	301	8:29	116.80	11:09:07	5:43	415	2:58:55	724	4:17:11