



38. SOLA-Stafette

Zürich / 07.05.2011

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BIO Flitzer

□□: Ang.
□□: 388

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:26:45

□□: 11.10 km/h
□□□□: 5:21 min/km

□□□□□: 485 (of 790)

□□□□□□: 6:52:28

□□□□□: 211(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:46	43	3:48	130	5:11	4.40	21:00	4:46	1	21:00	1	21:00
Buchlern	13.25		3:48	5	2:50	30	7:20	17.65	1:11:21	4:02	1	1:11:21	1	1:11:21
Uetliberg	6.20		6:07	182	8:46	400	12:22	23.85	1:49:19	4:35	1	1:49:19	1	1:49:19
Felsenegg	5.90		5:01	123	7:00	287	9:41	29.75	2:18:57	4:40	1	2:18:57	1	2:18:57
Buchlern	14.02		5:01	212	18:36	442	22:37	43.77	3:29:22	4:47	1	3:29:22	1	3:29:22
Hönggerberg	11.10		4:43	68	10:33	182	13:14	54.87	4:21:45	4:46	1	4:21:45	1	4:21:45
Irchel	5.10		5:50	287	10:43	552	13:03	59.97	4:51:34	4:51	1	4:51:34	1	4:51:34
Fluntern	6.34		4:59	124	7:46	296	9:51	66.31	5:23:13	4:52	1	5:23:13	1	5:23:13
Forch	11.30		7:01	464	37:55	777	40:47	77.61	6:42:40	5:11	1	6:42:40	1	6:42:40
Egg	8.75		6:41	447	25:07	755	26:21	86.36	7:41:12	5:20	1	7:41:12	1	7:41:12
Zumikon	12.99		5:51	363	22:58	653	29:07	99.35	8:57:18	5:24	1	8:57:18	1	8:57:18
Witikon	6.91		5:22	364	13:17	646	16:05	106.26	9:34:25	5:24	1	9:34:25	1	9:34:25
Fluntern	4.90		5:31	248	10:11	502	10:43	111.16	10:01:27	5:24	1	10:01:27	1	10:01:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:29	58	5:05	153	6:39	116.80	10:26:45	5:21	222	2:16:33	503	3:34:49