



38. SOLA-Stafette

Zürich / 07.05.2011

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Podarkes Achilleus

□□: UNI
□□: 39

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:59:15

□□: 11.61 km/h
□□□□: 5:07 min/km

□□□□□: 293 (of 790)

□□□□□□: 6:52:28

□□□□□: 78(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:37	254	7:35	497	8:58	4.40	24:47	5:37	1	24:47	1	24:47
Buchlern	13.25		4:28	95	11:43	257	16:13	17.65	1:24:01	4:45	1	1:24:01	1	1:24:01
Uetliberg	6.20		5:24	35	4:17	115	7:53	23.85	1:57:30	4:55	1	1:57:30	1	1:57:30
Felsenegg	5.90		4:54	93	6:17	235	8:58	29.75	2:26:25	4:55	1	2:26:25	1	2:26:25
Buchlern	14.02		5:17	291	22:17	558	26:18	43.77	3:40:31	5:02	1	3:40:31	1	3:40:31
Hönggerberg	11.10		4:20	19	6:21	57	9:02	54.87	4:28:42	4:53	1	4:28:42	1	4:28:42
Irchel	5.10		5:07	128	7:02	300	9:22	59.97	4:54:50	4:54	1	4:54:50	1	4:54:50
Fluntern	6.34		4:39	52	5:42	154	7:47	66.31	5:24:25	4:53	1	5:24:25	1	5:24:25
Forch	11.30		4:50	65	13:16	200	16:08	77.61	6:19:13	4:53	1	6:19:13	1	6:19:13
Egg	8.75		5:43	318	16:37	588	17:51	86.36	7:09:15	4:58	1	7:09:15	1	7:09:15
Zumikon	12.99		5:17	196	15:38	422	21:47	99.35	8:18:01	5:00	1	8:18:01	1	8:18:01
Witikon	6.91		5:50	421	16:34	723	19:22	106.26	8:58:25	5:04	1	8:58:25	1	8:58:25
Fluntern	4.90		7:04	464	17:47	774	18:19	111.16	9:33:03	5:09	1	9:33:03	1	9:33:03
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Irchel	5.64		4:38	97	5:59	234	7:33	116.80	9:59:15	5:07	88	1:49:03	309	3:07:19