



38. SOLA-Stafette

Zürich / 07.05.2011

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BLZ connection

□□: Ang.

□□: 390

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:31:45

□□: 11.02 km/h

□□□□: 5:24 min/km

□□□□□: 518 (of 790)

□□□□□□: 6:52:28

□□□□□: 236(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:19	406	10:36	699	11:59	4.40	27:48	6:19	1	27:48	1	27:48
Buchlern	13.25		5:42	445	28:02	747	32:32	17.65	1:43:21	5:51	1	1:43:21	1	1:43:21
Uetliberg	6.20		4:57	6	1:32	38	5:08	23.85	2:14:05	5:37	1	2:14:05	1	2:14:05
Felsenegg	5.90		5:28	233	9:40	461	12:21	29.75	2:46:23	5:35	1	2:46:23	1	2:46:23
Buchlern	14.02		4:44	114	14:36	277	18:37	43.77	3:52:48	5:19	1	3:52:48	1	3:52:48
Hönggerberg	11.10		4:34	51	8:56	128	11:37	54.87	4:43:34	5:10	1	4:43:34	1	4:43:34
Irchel	5.10		5:18	163	7:56	361	10:16	59.97	5:10:36	5:10	1	5:10:36	1	5:10:36
Fluntern	6.34		4:48	71	6:38	202	8:43	66.31	5:41:07	5:08	1	5:41:07	1	5:41:07
Forch	11.30		8:47	475	57:51	788	1:00:43	77.61	7:20:30	5:40	1	7:20:30	1	7:20:30
Egg	8.75		5:04	113	11:00	284	12:14	86.36	8:04:55	5:36	1	8:04:55	1	8:04:55
Zumikon	12.99		5:12	165	14:30	378	20:39	99.35	9:12:33	5:33	1	9:12:33	1	9:12:33
Witikon	6.91		4:32	132	7:32	306	10:20	106.26	9:43:55	5:29	1	9:43:55	1	9:43:55
Fluntern	4.90		4:48	87	6:44	255	7:16	111.16	10:07:30	5:27	1	10:07:30	1	10:07:30
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Irchel	5.64		4:17	30	4:02	92	5:36	116.80	10:31:45	5:24	247	2:21:33	536	3:39:49