



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

bratschi buoben kehren wieder

□□□: 10:40:18

□□: Ang.

□□: 10.87 km/h

□□: 392

□□□□: 5:28 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 574 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 285(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:43	280	8:01	535	9:24	4.40	25:13	5:43	1	25:13	1	25:13
Buchlern	13.25		4:39	156	14:06	363	18:36	17.65	1:26:50	4:55	1	1:26:50	1	1:26:50
Uetliberg	6.20		5:50	109	7:04	274	10:40	23.85	2:03:06	5:09	1	2:03:06	1	2:03:06
Felsenegg	5.90		5:21	203	8:56	419	11:37	29.75	2:34:40	5:11	1	2:34:40	1	2:34:40
Buchlern	14.02		8:29	476	1:07:08	788	1:11:09	43.77	4:33:37	6:15	1	4:33:37	1	4:33:37
Hönggerberg	11.10		4:52	106	12:22	252	15:03	54.87	5:27:49	5:58	1	5:27:49	1	5:27:49
Irchel	5.10		5:45	269	10:17	529	12:37	59.97	5:57:12	5:57	1	5:57:12	1	5:57:12
Fluntern	6.34		4:31	35	4:46	115	6:51	66.31	6:25:51	5:49	1	6:25:51	1	6:25:51
Forch	11.30		4:49	63	13:05	194	15:57	77.61	7:20:28	5:40	1	7:20:28	1	7:20:28
Egg	8.75		5:21	204	13:25	425	14:39	86.36	8:07:18	5:38	1	8:07:18	1	8:07:18
Zumikon	12.99		5:08	147	13:38	350	19:47	99.35	9:14:04	5:34	1	9:14:04	1	9:14:04
Witikon	6.91		4:36	142	7:59	329	10:47	106.26	9:45:53	5:30	1	9:45:53	1	9:45:53
Fluntern	4.90		4:57	122	7:28	313	8:00	111.16	10:10:12	5:29	1	10:10:12	1	10:10:12
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Irchel	5.64		5:20	284	9:53	535	11:27	116.80	10:40:18	5:28	296	2:30:06	592	3:48:22