



38. SOLA-Stafette

Zürich / 07.05.2011

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Capital Dynamics

□□: Ang.

□□: 394

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:41:32

□□: 10.85 km/h

□□□□: 5:29 min/km

□□□□□: 585 (of 790)

□□□□□□: 6:52:28

□□□□□: 295(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:05	372	9:35	649	10:58	4.40	26:47	6:05	1	26:47	1	26:47
Buchlern	13.25		4:39	162	14:12	371	18:42	17.65	1:28:30	5:00	1	1:28:30	1	1:28:30
Uetliberg	6.20		8:19	458	22:28	766	26:04	23.85	2:20:10	5:52	1	2:20:10	1	2:20:10
Felsenegg	5.90		5:02	129	7:09	299	9:50	29.75	2:49:57	5:42	1	2:49:57	1	2:49:57
Buchlern	14.02		4:39	90	13:27	240	17:28	43.77	3:55:13	5:22	1	3:55:13	1	3:55:13
Hönggerberg	11.10		4:45	79	11:01	205	13:42	54.87	4:48:04	5:14	1	4:48:04	1	4:48:04
Irchel	5.10		4:30	32	3:56	102	6:16	59.97	5:11:06	5:11	1	5:11:06	1	5:11:06
Fluntern	6.34		6:04	397	14:40	693	16:45	66.31	5:49:39	5:16	1	5:49:39	1	5:49:39
Forch	11.30		5:11	170	17:07	373	19:59	77.61	6:48:18	5:15	1	6:48:18	1	6:48:18
Egg	8.75		7:50	467	35:16	779	36:30	86.36	7:56:59	5:31	1	7:56:59	1	7:56:59
Zumikon	12.99		5:41	312	20:48	587	26:57	99.35	9:10:55	5:32	1	9:10:55	1	9:10:55
Witikon	6.91		5:13	327	12:13	596	15:01	106.26	9:46:58	5:31	1	9:46:58	1	9:46:58
Fluntern	4.90		5:28	235	9:59	487	10:31	111.16	10:13:48	5:31	1	10:13:48	1	10:13:48
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Irchel	5.64		4:55	159	7:31	344	9:05	116.80	10:41:32	5:29	306	2:31:20	603	3:49:36