



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Cytosians

□□: Ang.

□□: 401

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:37:35

□□: 10.99 km/h

□□□□: 5:27 min/km

□□□□□: 561 (of 790)

□□□□□□: 6:52:28

□□□□□: 273(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:09	116	5:28	277	6:51	4.40	22:40	5:09	1	22:40	1	22:40
Buchlern	13.25		4:49	232	16:20	472	20:50	17.65	1:26:31	4:54	1	1:26:31	1	1:26:31
Uetliberg	6.20		6:42	323	12:23	596	15:59	23.85	2:08:06	5:22	1	2:08:06	1	2:08:06
Felsenegg	5.90		6:21	421	14:54	716	17:35	29.75	2:45:38	5:34	1	2:45:38	1	2:45:38
Buchlern	14.02		4:41	99	13:52	257	17:53	43.77	3:51:19	5:17	1	3:51:19	1	3:51:19
Hönggerberg	11.10		5:00	134	13:46	310	16:27	54.87	4:46:55	5:13	1	4:46:55	1	4:46:55
Irchel	5.10		6:35	412	14:30	711	16:50	59.97	5:20:31	5:20	1	5:20:31	1	5:20:31
Fluntern	6.34		5:52	364	13:21	650	15:26	66.31	5:57:45	5:23	1	5:57:45	1	5:57:45
Forch	11.30		5:26	255	19:57	500	22:49	77.61	6:59:14	5:24	1	6:59:14	1	6:59:14
Egg	8.75		5:51	354	17:50	632	19:04	86.36	7:50:29	5:26	1	7:50:29	1	7:50:29
Zumikon	12.99		6:02	395	25:25	697	31:34	99.35	9:09:02	5:31	1	9:09:02	1	9:09:02
Witikon	6.91		4:54	253	10:05	497	12:53	106.26	9:42:57	5:29	1	9:42:57	1	9:42:57
Fluntern	4.90		4:31	48	5:20	156	5:52	111.16	10:05:08	5:26	1	10:05:08	1	10:05:08
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Irchel	5.64		5:45	368	12:14	654	13:48	116.80	10:37:35	5:27	284	2:27:23	579	3:45:39