



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Die flotten Zecken

□□: Ang.  
□□: 404

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:08:16

□□: 11.44 km/h  
□□□□: 5:12 min/km

□□□□□: 363 (of 790)

□□□□□□: 6:52:28

□□□□□: 120(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:10	386	9:57	668	11:20	4.40	27:09	6:10	1	27:09	1	27:09
Buchlern	13.25		4:43	192	15:10	414	19:40	17.65	1:29:50	5:05	1	1:29:50	1	1:29:50
Uetliberg	6.20		6:58	372	14:01	663	17:37	23.85	2:13:03	5:34	1	2:13:03	1	2:13:03
Felsenegg	5.90		5:42	309	11:02	565	13:43	29.75	2:46:43	5:36	1	2:46:43	1	2:46:43
Buchlern	14.02		4:32	68	11:58	193	15:59	43.77	3:50:30	5:15	1	3:50:30	1	3:50:30
Hönggerberg	11.10		5:30	277	19:17	531	21:58	54.87	4:51:37	5:18	1	4:51:37	1	4:51:37
Irchel	5.10		5:29	209	8:55	442	11:15	59.97	5:19:38	5:19	1	5:19:38	1	5:19:38
Fluntern	6.34		5:37	323	11:49	595	13:54	66.31	5:55:20	5:21	1	5:55:20	1	5:55:20
Forch	11.30		4:58	99	14:39	263	17:31	77.61	6:51:31	5:18	1	6:51:31	1	6:51:31
Egg	8.75		5:18	186	13:03	397	14:17	86.36	7:37:59	5:18	1	7:37:59	1	7:37:59
Zumikon	12.99		5:02	118	12:23	305	18:32	99.35	8:43:30	5:16	1	8:43:30	1	8:43:30
Witikon	6.91		4:47	215	9:19	442	12:07	106.26	9:16:39	5:14	1	9:16:39	1	9:16:39
Fluntern	4.90		4:57	122	7:28	313	8:00	111.16	9:40:58	5:13	1	9:40:58	1	9:40:58
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:50	144	7:05	315	8:39	116.80	10:08:16	5:12	131	1:58:04	380	3:16:20