



38. SOLA-Stafette

Zürich / 07.05.2011

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Dyneinamics

□□: Ang.

□□: 407

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:20:58

□□: 11.21 km/h

□□□□: 5:18 min/km

□□□□□: 446 (of 790)

□□□□□□: 6:52:28

□□□□□: 179(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:58	77	4:41	198	6:04	4.40	21:53	4:58	1	21:53	1	21:53
Buchlern	13.25		4:41	182	14:45	400	19:15	17.65	1:24:09	4:46	1	1:24:09	1	1:24:09
Uetliberg	6.20		5:17	27	3:36	91	7:12	23.85	1:56:57	4:54	1	1:56:57	1	1:56:57
Felsenegg	5.90		6:35	435	16:13	739	18:54	29.75	2:35:48	5:14	1	2:35:48	1	2:35:48
Buchlern	14.02		4:34	72	12:21	205	16:22	43.77	3:39:58	5:01	1	3:39:58	1	3:39:58
Hönggerberg	11.10		6:46	456	33:23	763	36:04	54.87	4:55:11	5:22	1	4:55:11	1	4:55:11
Irchel	5.10		4:37	45	4:30	134	6:50	59.97	5:18:47	5:18	1	5:18:47	1	5:18:47
Fluntern	6.34		4:43	58	6:06	169	8:11	66.31	5:48:46	5:15	1	5:48:46	1	5:48:46
Forch	11.30		4:49	62	13:02	193	15:54	77.61	6:43:20	5:11	1	6:43:20	1	6:43:20
Egg	8.75		5:33	267	15:09	514	16:23	86.36	7:31:54	5:13	1	7:31:54	1	7:31:54
Zumikon	12.99		5:44	330	21:33	615	27:42	99.35	8:46:35	5:18	1	8:46:35	1	8:46:35
Witikon	6.91		4:48	220	9:21	450	12:09	106.26	9:19:46	5:16	1	9:19:46	1	9:19:46
Fluntern	4.90		6:32	430	15:11	734	15:43	111.16	9:51:48	5:19	1	9:51:48	1	9:51:48
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Irchel	5.64		5:10	230	8:57	461	10:31	116.80	10:20:58	5:18	190	2:10:46	464	3:29:02