



38. SOLA-Stafette

Zürich / 07.05.2011

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EMERGENCY RED SOX

□□: Ang.
□□: 408

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:04:03

□□: 10.48 km/h
□□□□: 5:41 min/km

□□□□□: 687 (of 790)

□□□□□□: 6:52:28

□□□□□: 389(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:03	89	5:02	229	6:25	4.40	22:14	5:03	1	22:14	1	22:14
Buchlern	13.25		5:08	347	20:40	626	25:10	17.65	1:30:25	5:07	1	1:30:25	1	1:30:25
Uetliberg	6.20		6:06	180	8:42	396	12:18	23.85	2:08:19	5:22	1	2:08:19	1	2:08:19
Felsenegg	5.90		4:29	16	3:50	78	6:31	29.75	2:34:47	5:12	1	2:34:47	1	2:34:47
Buchlern	14.02		5:28	346	24:58	630	28:59	43.77	3:51:34	5:17	1	3:51:34	1	3:51:34
Hönggerberg	11.10		7:41	470	43:31	781	46:12	54.87	5:16:55	5:46	1	5:16:55	1	5:16:55
Irchel	5.10		5:16	159	7:47	353	10:07	59.97	5:43:48	5:43	1	5:43:48	1	5:43:48
Fluntern	6.34		4:50	82	6:50	221	8:55	66.31	6:14:31	5:38	1	6:14:31	1	6:14:31
Forch	11.30		5:09	162	16:49	360	19:41	77.61	7:12:52	5:34	1	7:12:52	1	7:12:52
Egg	8.75		5:19	199	13:15	414	14:29	86.36	7:59:32	5:33	1	7:59:32	1	7:59:32
Zumikon	12.99		6:13	422	27:40	726	33:49	99.35	9:20:20	5:38	1	9:20:20	1	9:20:20
Witikon	6.91		6:15	452	19:27	758	22:15	106.26	10:03:37	5:40	1	10:03:37	1	10:03:37
Fluntern	4.90		6:21	416	14:17	715	14:49	111.16	10:34:45	5:42	1	10:34:45	1	10:34:45
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Irchel	5.64		5:11	240	9:05	472	10:39	116.80	11:04:03	5:41	401	2:53:51	706	4:12:07