



38. SOLA-Stafette

Zürich / 07.05.2011

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Erwachsenensportgruppe KSF

□□: Ang.

□□: 410

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:31:18

□□: 10.07 km/h

□□□□: 5:55 min/km

□□□□□: 747 (of 790)

□□□□□□: 6:52:28

□□□□□: 442(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:54	452	13:11	762	14:34	4.40	30:23	6:54	1	30:23	1	30:23
Buchlern	13.25		5:21	395	23:27	687	27:57	17.65	1:41:21	5:44	1	1:41:21	1	1:41:21
Uetliberg	6.20		6:12	214	9:17	438	12:53	23.85	2:19:50	5:51	1	2:19:50	1	2:19:50
Felsenegg	5.90		6:45	447	17:16	755	19:57	29.75	2:59:44	6:02	1	2:59:44	1	2:59:44
Buchlern	14.02		5:49	399	29:57	697	33:58	43.77	4:21:30	5:58	1	4:21:30	1	4:21:30
Hönggerberg	11.10		5:27	259	18:43	503	21:24	54.87	5:22:03	5:52	1	5:22:03	1	5:22:03
Irchel	5.10		6:15	362	12:47	652	15:07	59.97	5:53:56	5:54	1	5:53:56	1	5:53:56
Fluntern	6.34		5:59	386	14:09	675	16:14	66.31	6:31:58	5:54	1	6:31:58	1	6:31:58
Forch	11.30		5:52	371	24:52	662	27:44	77.61	7:38:22	5:54	1	7:38:22	1	7:38:22
Egg	8.75		7:08	461	29:02	773	30:16	86.36	8:40:49	6:01	1	8:40:49	1	8:40:49
Zumikon	12.99		5:12	166	14:31	379	20:40	99.35	9:48:28	5:55	1	9:48:28	1	9:48:28
Witikon	6.91		6:24	460	20:26	767	23:14	106.26	10:32:44	5:57	1	10:32:44	1	10:32:44
Fluntern	4.90		5:43	301	11:14	569	11:46	111.16	11:00:49	5:56	1	11:00:49	1	11:00:49
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:24	304	10:16	559	11:50	116.80	11:31:18	5:55	454	3:21:06	767	4:39:22