



38. SOLA-Stafette

Zürich / 07.05.2011

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Aberschneller

□□: ausl. HS

□□: 4

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:32:45

□□: 11.00 km/h

□□□□: 5:25 min/km

□□□□□: 525 (of 790)

□□□□□□: 6:52:28

□□□□□: 243(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	187	6:34	391	7:57	4.40	23:46	5:24	1	23:46	1	23:46
Buchlern	13.25		4:39	162	14:12	371	18:42	17.65	1:25:29	4:50	1	1:25:29	1	1:25:29
Uetliberg	6.20		6:37	312	11:50	577	15:26	23.85	2:06:31	5:18	1	2:06:31	1	2:06:31
Felsenegg	5.90		6:03	384	13:06	672	15:47	29.75	2:42:15	5:27	1	2:42:15	1	2:42:15
Buchlern	14.02		5:01	213	18:41	443	22:42	43.77	3:52:45	5:19	1	3:52:45	1	3:52:45
Hönggerberg	11.10		5:03	151	14:21	334	17:02	54.87	4:48:56	5:15	1	4:48:56	1	4:48:56
Irchel	5.10		5:22	184	8:21	397	10:41	59.97	5:16:23	5:16	1	5:16:23	1	5:16:23
Fluntern	6.34		4:38	47	5:34	143	7:39	66.31	5:45:50	5:12	1	5:45:50	1	5:45:50
Forch	11.30		5:12	175	17:20	381	20:12	77.61	6:44:42	5:12	1	6:44:42	1	6:44:42
Egg	8.75		5:19	197	13:13	412	14:27	86.36	7:31:20	5:13	1	7:31:20	1	7:31:20
Zumikon	12.99		5:59	383	24:36	683	30:45	99.35	8:49:04	5:19	1	8:49:04	1	8:49:04
Witikon	6.91		5:06	309	11:31	569	14:19	106.26	9:24:25	5:18	1	9:24:25	1	9:24:25
Fluntern	4.90		7:05	465	17:56	775	18:28	111.16	9:59:12	5:23	1	9:59:12	1	9:59:12
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Irchel	5.64		5:56	391	13:20	688	14:54	116.80	10:32:45	5:25	254	2:22:33	543	3:40:49