



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Publisisyphus

□□: UNI
□□: 41

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:16:32

□□: 11.29 km/h
□□□□: 5:16 min/km

□□□□□: 410 (of 790)

□□□□□□: 6:52:28

□□□□□: 151 (of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:18	7	1:45	37	3:08	4.40	18:57	4:18	1	18:57	1	18:57
Buchlern	13.25		5:29	419	25:11	715	29:41	17.65	1:31:39	5:11	1	1:31:39	1	1:31:39
Uetliberg	6.20		7:01	381	14:23	674	17:59	23.85	2:15:14	5:40	1	2:15:14	1	2:15:14
Felsenegg	5.90		4:56	110	6:34	263	9:15	29.75	2:44:26	5:31	1	2:44:26	1	2:44:26
Buchlern	14.02		4:54	169	16:59	374	21:00	43.77	3:53:14	5:19	1	3:53:14	1	3:53:14
Hönggerberg	11.10		4:44	73	10:44	193	13:25	54.87	4:45:48	5:12	1	4:45:48	1	4:45:48
Irchel	5.10		5:03	112	6:41	276	9:01	59.97	5:11:35	5:11	1	5:11:35	1	5:11:35
Fluntern	6.34		5:03	142	8:14	331	10:19	66.31	5:43:42	5:10	1	5:43:42	1	5:43:42
Forch	11.30		5:40	319	22:39	596	25:31	77.61	6:47:53	5:15	1	6:47:53	1	6:47:53
Egg	8.75		5:39	300	16:07	560	17:21	86.36	7:37:25	5:17	1	7:37:25	1	7:37:25
Zumikon	12.99		5:06	132	13:12	329	19:21	99.35	8:43:45	5:16	1	8:43:45	1	8:43:45
Witikon	6.91		4:43	188	8:48	403	11:36	106.26	9:16:23	5:14	1	9:16:23	1	9:16:23
Fluntern	4.90		5:24	225	9:40	474	10:12	111.16	9:42:54	5:14	1	9:42:54	1	9:42:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:57	392	13:25	691	14:59	116.80	10:16:32	5:16	162	2:06:20	427	3:24:36