



38. SOLA-Stafette

Zürich / 07.05.2011

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Faktor XIV

□□: Ang.

□□: 412

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:01

□□: 10.71 km/h

□□□□: 5:33 min/km

□□□□□: 626 (of 790)

□□□□□□: 6:52:28

□□□□□: 332(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		5:35	434	26:35	733	31:05	17.65	1:35:59	5:26	1	1:35:59	1	1:35:59
Uetliberg	6.20		6:23	254	10:23	493	13:59	23.85	2:15:34	5:41	1	2:15:34	1	2:15:34
Felsenegg	5.90		5:26	220	9:27	444	12:08	29.75	2:47:39	5:38	1	2:47:39	1	2:47:39
Buchlern	14.02		4:54	171	17:01	377	21:02	43.77	3:56:29	5:24	1	3:56:29	1	3:56:29
Hönggerberg	11.10		5:34	304	19:59	562	22:40	54.87	4:58:18	5:26	1	4:58:18	1	4:58:18
Irchel	5.10		4:44	62	5:03	174	7:23	59.97	5:22:27	5:22	1	5:22:27	1	5:22:27
Fluntern	6.34		4:44	59	6:08	171	8:13	66.31	5:52:28	5:18	1	5:52:28	1	5:52:28
Forch	11.30		6:20	428	30:11	735	33:03	77.61	7:04:11	5:27	1	7:04:11	1	7:04:11
Egg	8.75		5:35	280	15:29	531	16:43	86.36	7:53:05	5:28	1	7:53:05	1	7:53:05
Zumikon	12.99		6:16	427	28:17	731	34:26	99.35	9:14:30	5:34	1	9:14:30	1	9:14:30
Witikon	6.91		6:08	446	18:38	752	21:26	106.26	9:56:58	5:37	1	9:56:58	1	9:56:58
Fluntern	4.90		5:00	138	7:42	340	8:14	111.16	10:21:31	5:35	1	10:21:31	1	10:21:31
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Irchel	5.64		5:03	203	8:17	409	9:51	116.80	10:50:01	5:33	344	2:39:49	645	3:58:05