



38. SOLA-Stafette

Zürich / 07.05.2011

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Flipping Angels

□□: Ang.

□□: 415

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:52:00

□□: 10.67 km/h

□□□□: 5:34 min/km

□□□□□: 636 (of 790)

□□□□□□: 6:52:28

□□□□□: 342(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:36	433	11:51	739	13:14	4.40	29:03	6:36	1	29:03	1	29:03
Buchlern	13.25		5:05	329	20:02	606	24:32	17.65	1:36:36	5:28	1	1:36:36	1	1:36:36
Uetliberg	6.20		6:52	353	13:24	640	17:00	23.85	2:19:12	5:50	1	2:19:12	1	2:19:12
Felsenegg	5.90		5:38	290	10:40	541	13:21	29.75	2:52:30	5:47	1	2:52:30	1	2:52:30
Buchlern	14.02		4:55	176	17:19	387	21:20	43.77	4:01:38	5:31	1	4:01:38	1	4:01:38
Hönggerberg	11.10		6:28	444	30:07	747	32:48	54.87	5:13:35	5:42	1	5:13:35	1	5:13:35
Irchel	5.10		4:13	13	2:27	50	4:47	59.97	5:35:08	5:35	1	5:35:08	1	5:35:08
Fluntern	6.34		4:49	78	6:45	213	8:50	66.31	6:05:46	5:30	1	6:05:46	1	6:05:46
Forch	11.30		5:37	305	21:58	577	24:50	77.61	7:09:16	5:31	1	7:09:16	1	7:09:16
Egg	8.75		5:22	209	13:35	433	14:49	86.36	7:56:16	5:30	1	7:56:16	1	7:56:16
Zumikon	12.99		6:08	411	26:37	715	32:46	99.35	9:16:01	5:35	1	9:16:01	1	9:16:01
Witikon	6.91		6:32	462	21:24	771	24:12	106.26	10:01:15	5:39	1	10:01:15	1	10:01:15
Fluntern	4.90		4:59	131	7:35	324	8:07	111.16	10:25:41	5:37	1	10:25:41	1	10:25:41
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Irchel	5.64		4:39	103	6:06	244	7:40	116.80	10:52:00	5:34	354	2:41:48	655	4:00:04