



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Glaernisch 5

□□: Ang.

□□: 417

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:22:22

□□: 12.38 km/h

□□□□: 4:48 min/km

□□□□□: 106 (of 790)

□□□□□□: 6:52:28

□□□□□: 8(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 5:22 | 179 | 6:27 | 378 | 7:50 | 4.40 | 23:39 | 5:22 | 1 | 23:39 | 1 | 23:39 |
| Buchlern | 13.25 | | 4:25 | 83 | 11:05 | 235 | 15:35 | 17.65 | 1:22:15 | 4:39 | 1 | 1:22:15 | 1 | 1:22:15 |
| Uetliberg | 6.20 | | 5:11 | 21 | 3:02 | 73 | 6:38 | 23.85 | 1:54:29 | 4:48 | 1 | 1:54:29 | 1 | 1:54:29 |
| Felsenegg | 5.90 | | 4:31 | 18 | 4:02 | 83 | 6:43 | 29.75 | 2:21:09 | 4:44 | 1 | 2:21:09 | 1 | 2:21:09 |
| Buchlern | 14.02 | | 4:25 | 49 | 10:18 | 151 | 14:19 | 43.77 | 3:23:16 | 4:38 | 1 | 3:23:16 | 1 | 3:23:16 |
| Hönggerberg | 11.10 | | 4:17 | 16 | 5:51 | 52 | 8:32 | 54.87 | 4:10:57 | 4:34 | 1 | 4:10:57 | 1 | 4:10:57 |
| Irchel | 5.10 | | 6:12 | 352 | 12:34 | 640 | 14:54 | 59.97 | 4:42:37 | 4:42 | 1 | 4:42:37 | 1 | 4:42:37 |
| Fluntern | 6.34 | | 4:14 | 13 | 3:01 | 48 | 5:06 | 66.31 | 5:09:31 | 4:40 | 1 | 5:09:31 | 1 | 5:09:31 |
| Forch | 11.30 | | 5:46 | 341 | 23:38 | 624 | 26:30 | 77.61 | 6:14:41 | 4:49 | 1 | 6:14:41 | 1 | 6:14:41 |
| Egg | 8.75 | | 4:43 | 31 | 7:53 | 122 | 9:07 | 86.36 | 6:55:59 | 4:49 | 1 | 6:55:59 | 1 | 6:55:59 |
| Zumikon | 12.99 | | 4:47 | 65 | 9:09 | 199 | 15:18 | 99.35 | 7:58:16 | 4:48 | 1 | 7:58:16 | 1 | 7:58:16 |
| Witikon | 6.91 | | 5:06 | 306 | 11:27 | 566 | 14:15 | 106.26 | 8:33:33 | 4:49 | 1 | 8:33:33 | 1 | 8:33:33 |
| Fluntern | 4.90 | | 4:47 | 82 | 6:37 | 245 | 7:09 | 111.16 | 8:57:01 | 4:49 | 1 | 8:57:01 | 1 | 8:57:01 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:29 | 60 | 5:08 | 158 | 6:42 | 116.80 | 9:22:22 | 4:48 | 12 | 1:12:10 | 113 | 2:30:26 |