



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

GZO-Runners 2

□□: Ang.

□□: 419

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:15:40

□□: 10.30 km/h

□□□□: 5:47 min/km

□□□□□: 722 (of 790)

□□□□□□: 6:52:28

□□□□□: 419(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:21	175	6:23	371	7:46	4.40	23:35	5:21	1	23:35	1	23:35
Buchlern	13.25		5:24	404	24:03	696	28:33	17.65	1:35:09	5:23	1	1:35:09	1	1:35:09
Uetliberg	6.20		6:35	305	11:37	569	15:13	23.85	2:15:58	5:42	1	2:15:58	1	2:15:58
Felsenegg	5.90		4:54	93	6:17	235	8:58	29.75	2:44:53	5:32	1	2:44:53	1	2:44:53
Buchlern	14.02		6:05	434	33:31	739	37:32	43.77	4:10:13	5:42	1	4:10:13	1	4:10:13
Hönggerberg	11.10		6:31	445	30:37	748	33:18	54.87	5:22:40	5:52	1	5:22:40	1	5:22:40
Irchel	5.10		6:36	415	14:36	714	16:56	59.97	5:56:22	5:56	1	5:56:22	1	5:56:22
Fluntern	6.34		5:51	358	13:13	644	15:18	66.31	6:33:28	5:56	1	6:33:28	1	6:33:28
Forch	11.30		5:40	316	22:32	593	25:24	77.61	7:37:32	5:53	1	7:37:32	1	7:37:32
Egg	8.75		5:11	140	12:00	328	13:14	86.36	8:22:57	5:49	1	8:22:57	1	8:22:57
Zumikon	12.99		6:09	415	26:55	719	33:04	99.35	9:43:00	5:52	1	9:43:00	1	9:43:00
Witikon	6.91		4:42	186	8:44	396	11:32	106.26	10:15:34	5:47	1	10:15:34	1	10:15:34
Fluntern	4.90		5:21	214	9:25	461	9:57	111.16	10:41:50	5:46	1	10:41:50	1	10:41:50
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:59	404	13:37	704	15:11	116.80	11:15:40	5:47	431	3:05:28	742	4:23:44