



38. SOLA-Stafette

Zürich / 07.05.2011

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Royal Flash 938

□□: UNI
□□: 42

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:42:45

□□: 11.94 km/h
□□□□: 4:59 min/km

□□□□□: 198 (of 790)

□□□□□□: 6:52:28

□□□□□: 29(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	192	6:38	400	8:01	4.40	23:50	5:24	1	23:50	1	23:50
Buchlern	13.25		5:31	425	25:42	723	30:12	17.65	1:37:03	5:29	1	1:37:03	1	1:37:03
Uetliberg	6.20		6:33	298	11:25	561	15:01	23.85	2:17:40	5:46	1	2:17:40	1	2:17:40
Felsenegg	5.90		4:48	73	5:46	190	8:27	29.75	2:46:04	5:34	1	2:46:04	1	2:46:04
Buchlern	14.02		4:03	7	5:06	47	9:07	43.77	3:42:59	5:05	1	3:42:59	1	3:42:59
Hönggerberg	11.10		4:28	35	7:54	97	10:35	54.87	4:32:43	4:58	1	4:32:43	1	4:32:43
Irchel	5.10		4:37	44	4:29	131	6:49	59.97	4:56:18	4:56	1	4:56:18	1	4:56:18
Fluntern	6.34		5:12	191	9:09	416	11:14	66.31	5:29:20	4:57	1	5:29:20	1	5:29:20
Forch	11.30		5:42	329	23:03	609	25:55	77.61	6:33:55	5:04	1	6:33:55	1	6:33:55
Egg	8.75		5:36	286	15:36	538	16:50	86.36	7:22:56	5:07	1	7:22:56	1	7:22:56
Zumikon	12.99		4:51	78	10:02	228	16:11	99.35	8:26:06	5:05	1	8:26:06	1	8:26:06
Witikon	6.91		4:31	128	7:24	297	10:12	106.26	8:57:20	5:03	1	8:57:20	1	8:57:20
Fluntern	4.90		5:01	141	7:45	343	8:17	111.16	9:21:56	5:03	1	9:21:56	1	9:21:56
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Irchel	5.64		3:41	3	0:36	19	2:10	116.80	9:42:45	4:59	35	1:32:33	209	2:50:49