



38. SOLA-Stafette

Zürich / 07.05.2011

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IMPact

□□: Ang.

□□: 423

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:14:56

□□: 11.32 km/h

□□□□: 5:15 min/km

□□□□□: 403 (of 790)

□□□□□□: 6:52:28

□□□□□: 147(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:26	13	2:20	58	3:43	4.40	19:32	4:26	1	19:32	1	19:32
Buchlern	13.25		4:25	84	11:09	236	15:39	17.65	1:18:12	4:25	1	1:18:12	1	1:18:12
Uetliberg	6.20		6:19	241	10:00	476	13:36	23.85	1:57:24	4:55	1	1:57:24	1	1:57:24
Felsenegg	5.90		5:56	365	12:28	647	15:09	29.75	2:32:30	5:07	1	2:32:30	1	2:32:30
Buchlern	14.02		5:08	245	20:17	491	24:18	43.77	3:44:36	5:07	1	3:44:36	1	3:44:36
Hönggerberg	11.10		5:32	295	19:45	552	22:26	54.87	4:46:11	5:12	1	4:46:11	1	4:46:11
Irchel	5.10		4:26	24	3:31	87	5:51	59.97	5:08:48	5:08	1	5:08:48	1	5:08:48
Fluntern	6.34		5:55	375	13:44	661	15:49	66.31	5:46:25	5:13	1	5:46:25	1	5:46:25
Forch	11.30		5:23	237	19:19	473	22:11	77.61	6:47:16	5:14	1	6:47:16	1	6:47:16
Egg	8.75		5:54	367	18:21	647	19:35	86.36	7:39:02	5:18	1	7:39:02	1	7:39:02
Zumikon	12.99		5:08	148	13:41	351	19:50	99.35	8:45:51	5:17	1	8:45:51	1	8:45:51
Witikon	6.91		4:04	36	4:19	105	7:07	106.26	9:14:00	5:12	1	9:14:00	1	9:14:00
Fluntern	4.90		5:32	252	10:20	507	10:52	111.16	9:41:11	5:13	1	9:41:11	1	9:41:11
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Irchel	5.64		5:59	402	13:32	702	15:06	116.80	10:14:56	5:15	158	2:04:44	420	3:23:00