



38. SOLA-Stafette

Zürich / 07.05.2011

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IRM Zürich

□□: Ang.

□□: 427

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:28:24

□□: 11.08 km/h

□□□□: 5:22 min/km

□□□□□: 500 (of 790)

□□□□□□: 6:52:28

□□□□□: 222(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	197	6:43	407	8:06	4.40	23:55	5:26	1	23:55	1	23:55
Buchlern	13.25		4:12	33	8:16	124	12:46	17.65	1:19:42	4:30	1	1:19:42	1	1:19:42
Uetliberg	6.20		5:57	137	7:44	327	11:20	23.85	1:56:38	4:53	1	1:56:38	1	1:56:38
Felsenegg	5.90		5:32	262	10:05	503	12:46	29.75	2:29:21	5:01	1	2:29:21	1	2:29:21
Buchlern	14.02		6:22	454	37:33	762	41:34	43.77	3:58:43	5:27	1	3:58:43	1	3:58:43
Hönggerberg	11.10		5:57	392	24:14	677	26:55	54.87	5:04:47	5:33	1	5:04:47	1	5:04:47
Irchel	5.10		6:25	387	13:39	684	15:59	59.97	5:37:32	5:37	1	5:37:32	1	5:37:32
Fluntern	6.34		5:35	316	11:32	581	13:37	66.31	6:12:57	5:37	1	6:12:57	1	6:12:57
Forch	11.30		5:33	292	21:18	558	24:10	77.61	7:15:47	5:36	1	7:15:47	1	7:15:47
Egg	8.75		4:39	24	7:18	105	8:32	86.36	7:56:30	5:31	1	7:56:30	1	7:56:30
Zumikon	12.99		4:47	66	9:11	201	15:20	99.35	8:58:49	5:25	1	8:58:49	1	8:58:49
Witikon	6.91		4:03	28	4:11	92	6:59	106.26	9:26:50	5:20	1	9:26:50	1	9:26:50
Fluntern	4.90		5:49	325	11:40	598	12:12	111.16	9:55:21	5:21	1	9:55:21	1	9:55:21
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Irchel	5.64		5:51	382	12:50	676	14:24	116.80	10:28:24	5:22	233	2:18:12	518	3:36:28