



# 38. SOLA-Stafette

Zürich / 07.05.2011

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ISPMZ

□□: Ang.

□□: 428

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:15:12

□□: 10.31 km/h

□□□□: 5:46 min/km

□□□□□: 720 (of 790)

□□□□□□: 6:52:28

□□□□□: 417(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:05	374	9:38	653	11:01	4.40	26:50	6:05	1	26:50	1	26:50
Buchlern	13.25		5:18	385	22:51	674	27:21	17.65	1:37:12	5:30	1	1:37:12	1	1:37:12
Uetliberg	6.20		7:23	416	16:35	716	20:11	23.85	2:22:59	5:59	1	2:22:59	1	2:22:59
Felsenegg	5.90		5:38	288	10:39	539	13:20	29.75	2:56:16	5:55	1	2:56:16	1	2:56:16
Buchlern	14.02		5:10	262	20:48	512	24:49	43.77	4:08:53	5:41	1	4:08:53	1	4:08:53
Hönggerberg	11.10		5:45	350	22:01	625	24:42	54.87	5:12:44	5:41	1	5:12:44	1	5:12:44
Irchel	5.10		5:36	232	9:31	478	11:51	59.97	5:41:21	5:41	1	5:41:21	1	5:41:21
Fluntern	6.34		6:05	399	14:42	695	16:47	66.31	6:19:56	5:43	1	6:19:56	1	6:19:56
Forch	11.30		4:51	67	13:17	202	16:09	77.61	7:14:45	5:36	1	7:14:45	1	7:14:45
Egg	8.75		6:33	437	23:57	741	25:11	86.36	8:12:07	5:41	1	8:12:07	1	8:12:07
Zumikon	12.99		6:07	407	26:29	709	32:38	99.35	9:31:44	5:45	1	9:31:44	1	9:31:44
Witikon	6.91		6:03	444	17:59	748	20:47	106.26	10:13:33	5:46	1	10:13:33	1	10:13:33
Fluntern	4.90		5:46	308	11:27	580	11:59	111.16	10:41:51	5:46	1	10:41:51	1	10:41:51
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Irchel	5.64		5:54	387	13:08	682	14:42	116.80	11:15:12	5:46	429	3:05:00	740	4:23:16