



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Sciamani

□□: UNI
□□: 43

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:20:01

□□: 10.24 km/h
□□□□: 5:49 min/km

□□□□□: 732 (of 790)

□□□□□□: 6:52:28

□□□□□: 428(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:09	119	5:30	281	6:53	4.40	22:42	5:09	1	22:42	1	22:42
Buchlern	13.25		4:30	112	12:17	284	16:47	17.65	1:22:30	4:40	1	1:22:30	1	1:22:30
Uetliberg	6.20		7:20	413	16:18	711	19:54	23.85	2:08:00	5:22	1	2:08:00	1	2:08:00
Felsenegg	5.90		5:30	244	9:49	476	12:30	29.75	2:40:27	5:23	1	2:40:27	1	2:40:27
Buchlern	14.02		6:58	470	45:55	781	49:56	43.77	4:18:11	5:53	1	4:18:11	1	4:18:11
Hönggerberg	11.10		4:58	128	13:24	293	16:05	54.87	5:13:25	5:42	1	5:13:25	1	5:13:25
Irchel	5.10		7:34	463	19:33	771	21:53	59.97	5:52:04	5:52	1	5:52:04	1	5:52:04
Fluntern	6.34		5:01	135	7:58	317	10:03	66.31	6:23:55	5:47	1	6:23:55	1	6:23:55
Forch	11.30		6:28	438	31:37	746	34:29	77.61	7:37:04	5:53	1	7:37:04	1	7:37:04
Egg	8.75		5:48	341	17:28	618	18:42	86.36	8:27:57	5:52	1	8:27:57	1	8:27:57
Zumikon	12.99		5:42	319	21:06	602	27:15	99.35	9:42:11	5:51	1	9:42:11	1	9:42:11
Witikon	6.91		5:29	390	14:04	678	16:52	106.26	10:20:05	5:50	1	10:20:05	1	10:20:05
Fluntern	4.90		5:20	211	9:21	458	9:53	111.16	10:46:17	5:48	1	10:46:17	1	10:46:17
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:58	400	13:31	700	15:05	116.80	11:20:01	5:49	440	3:09:49	751	4:28:05