



38. SOLA-Stafette

Zürich / 07.05.2011

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LSST

□□: Ang.

□□: 436

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:17:34

□□: 10.27 km/h

□□□□: 5:48 min/km

□□□□□: 725 (of 790)

□□□□□□: 6:52:28

□□□□□: 422(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:07	111	5:23	270	6:46	4.40	22:35	5:07	1	22:35	1	22:35
Buchlern	13.25		5:04	326	19:50	603	24:20	17.65	1:29:56	5:05	1	1:29:56	1	1:29:56
Uetliberg	6.20		5:56	133	7:38	318	11:14	23.85	2:06:46	5:18	1	2:06:46	1	2:06:46
Felsenegg	5.90		5:33	269	10:11	512	12:52	29.75	2:39:35	5:21	1	2:39:35	1	2:39:35
Buchlern	14.02		5:09	250	20:25	496	24:26	43.77	3:51:49	5:17	1	3:51:49	1	3:51:49
Hönggerberg	11.10		6:27	443	29:49	745	32:30	54.87	5:03:28	5:31	1	5:03:28	1	5:03:28
Irchel	5.10		5:53	295	10:56	567	13:16	59.97	5:33:30	5:33	1	5:33:30	1	5:33:30
Fluntern	6.34		5:33	311	11:22	576	13:27	66.31	6:08:45	5:33	1	6:08:45	1	6:08:45
Forch	11.30		7:04	467	38:22	780	41:14	77.61	7:28:39	5:46	1	7:28:39	1	7:28:39
Egg	8.75		5:49	350	17:36	627	18:50	86.36	8:19:40	5:47	1	8:19:40	1	8:19:40
Zumikon	12.99		5:42	315	20:56	593	27:05	99.35	9:33:44	5:46	1	9:33:44	1	9:33:44
Witikon	6.91		5:57	429	17:17	732	20:05	106.26	10:14:51	5:47	1	10:14:51	1	10:14:51
Fluntern	4.90		5:54	343	12:08	623	12:40	111.16	10:43:50	5:47	1	10:43:50	1	10:43:50
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Irchel	5.64		5:58	400	13:31	700	15:05	116.80	11:17:34	5:48	434	3:07:22	745	4:25:38