



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Neurun

□□: Ang.  
□□: 442

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:25:10

□□: 11.13 km/h  
□□□□: 5:21 min/km

□□□□□: 474 (of 790)

□□□□□□: 6:52:28

□□□□□: 201(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:39	263	7:43	514	9:06	4.40	24:55	5:39	1	24:55	1	24:55
Buchlern	13.25		5:19	392	23:08	681	27:38	17.65	1:35:34	5:24	1	1:35:34	1	1:35:34
Uetliberg	6.20		5:06	11	2:28	52	6:04	23.85	2:07:14	5:20	1	2:07:14	1	2:07:14
Felsenegg	5.90		5:42	310	11:03	566	13:44	29.75	2:40:55	5:24	1	2:40:55	1	2:40:55
Buchlern	14.02		4:51	149	16:13	341	20:14	43.77	3:48:57	5:13	1	3:48:57	1	3:48:57
Hönggerberg	11.10		5:18	220	17:04	445	19:45	54.87	4:47:51	5:14	1	4:47:51	1	4:47:51
Irchel	5.10		4:14	15	2:34	53	4:54	59.97	5:09:31	5:09	1	5:09:31	1	5:09:31
Fluntern	6.34		7:21	472	22:47	781	24:52	66.31	5:56:11	5:22	1	5:56:11	1	5:56:11
Forch	11.30		5:35	299	21:43	568	24:35	77.61	6:59:26	5:24	1	6:59:26	1	6:59:26
Egg	8.75		5:51	356	17:53	634	19:07	86.36	7:50:44	5:27	1	7:50:44	1	7:50:44
Zumikon	12.99		4:30	24	5:21	92	11:30	99.35	8:49:13	5:19	1	8:49:13	1	8:49:13
Witikon	6.91		5:26	380	13:49	665	16:37	106.26	9:26:52	5:20	1	9:26:52	1	9:26:52
Fluntern	4.90		6:13	391	13:38	682	14:10	111.16	9:57:21	5:22	1	9:57:21	1	9:57:21
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Irchel	5.64		4:55	164	7:36	353	9:10	116.80	10:25:10	5:21	212	2:14:58	492	3:33:14