



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SF-Labs

□□: UNI

□□: 44

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:22:22

□□: 11.18 km/h

□□□□: 5:19 min/km

□□□□□: 453 (of 790)

□□□□□□: 6:52:28

□□□□□: 184(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	202	6:46	413	8:09	4.40	23:58	5:26	1	23:58	1	23:58
Buchlern	13.25		5:34	433	26:19	731	30:49	17.65	1:37:48	5:32	1	1:37:48	1	1:37:48
Uetliberg	6.20		5:58	143	7:49	336	11:25	23.85	2:14:49	5:39	1	2:14:49	1	2:14:49
Felsenegg	5.90		5:30	247	9:51	479	12:32	29.75	2:47:18	5:37	1	2:47:18	1	2:47:18
Buchlern	14.02		5:03	225	19:03	458	23:04	43.77	3:58:10	5:26	1	3:58:10	1	3:58:10
Hönggerberg	11.10		5:17	219	16:56	442	19:37	54.87	4:56:56	5:24	1	4:56:56	1	4:56:56
Irchel	5.10		4:48	72	5:24	194	7:44	59.97	5:21:26	5:21	1	5:21:26	1	5:21:26
Fluntern	6.34		5:31	302	11:06	565	13:11	66.31	5:56:25	5:22	1	5:56:25	1	5:56:25
Forch	11.30		5:02	122	15:30	299	18:22	77.61	6:53:27	5:19	1	6:53:27	1	6:53:27
Egg	8.75		5:17	179	12:57	387	14:11	86.36	7:39:49	5:19	1	7:39:49	1	7:39:49
Zumikon	12.99		5:20	212	16:20	445	22:29	99.35	8:49:17	5:19	1	8:49:17	1	8:49:17
Witikon	6.91		4:51	234	9:43	470	12:31	106.26	9:22:50	5:17	1	9:22:50	1	9:22:50
Fluntern	4.90		6:20	410	14:12	708	14:44	111.16	9:53:53	5:20	1	9:53:53	1	9:53:53
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Irchel	5.64		5:03	202	8:16	407	9:50	116.80	10:22:22	5:19	195	2:12:10	471	3:30:26