



38. SOLA-Stafette

Zürich / 07.05.2011

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No nanos anymore

□□: Ang.

□□: 443

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:42:40

□□: 10.90 km/h

□□□□: 5:30 min/km

□□□□□: 589 (of 790)

□□□□□□: 6:52:28

□□□□□: 299(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:49	308	8:28	570	9:51	4.40	25:40	5:49	1	25:40	1	25:40
Buchlern	13.25		5:57	459	31:23	765	35:53	17.65	1:44:34	5:55	1	1:44:34	1	1:44:34
Uetliberg	6.20		6:40	317	12:10	584	15:46	23.85	2:25:56	6:07	1	2:25:56	1	2:25:56
Felsenegg	5.90		5:56	363	12:27	644	15:08	29.75	3:01:01	6:05	1	3:01:01	1	3:01:01
Buchlern	14.02		6:09	442	34:33	748	38:34	43.77	4:27:23	6:06	1	4:27:23	1	4:27:23
Hönggerberg	11.10		6:02	403	25:17	692	27:58	54.87	5:34:30	6:05	1	5:34:30	1	5:34:30
Irchel	5.10		6:18	366	13:03	658	15:23	59.97	6:06:39	6:06	1	6:06:39	1	6:06:39
Fluntern	6.34		5:17	226	9:41	466	11:46	66.31	6:40:13	6:02	1	6:40:13	1	6:40:13
Forch	11.30		5:23	240	19:29	478	22:21	77.61	7:41:14	5:56	1	7:41:14	1	7:41:14
Egg	8.75		4:14	8	3:39	37	4:53	86.36	8:18:18	5:46	1	8:18:18	1	8:18:18
Zumikon	12.99		5:15	189	15:16	412	21:25	99.35	9:26:42	5:42	1	9:26:42	1	9:26:42
Witikon	6.91		4:24	99	6:37	240	9:25	106.26	9:57:09	5:37	1	9:57:09	1	9:57:09
Fluntern	4.90		4:34	58	5:32	181	6:04	111.16	10:19:32	5:34	1	10:19:32	1	10:19:32
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:06	11	2:55	51	4:29	116.80	10:42:40	5:30	311	2:32:28	608	3:50:44