



38. SOLA-Stafette

Zürich / 07.05.2011

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P-MOTION

□□: Ang.

□□: 444

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:41:44

□□: 9.92 km/h

□□□□: 6:00 min/km

□□□□□: 761 (of 790)

□□□□□□: 6:52:28

□□□□□: 456 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:52	449	13:05	759	14:28	4.40	30:17	6:52	1	30:17	1	30:17
Buchlern	13.25		4:34	138	13:09	334	17:39	17.65	1:30:57	5:09	1	1:30:57	1	1:30:57
Uetliberg	6.20		6:03	170	8:24	376	12:00	23.85	2:08:33	5:23	1	2:08:33	1	2:08:33
Felsenegg	5.90		5:39	296	10:46	548	13:27	29.75	2:41:57	5:26	1	2:41:57	1	2:41:57
Buchlern	14.02		5:04	229	19:20	465	23:21	43.77	3:53:06	5:19	1	3:53:06	1	3:53:06
Hönggerberg	11.10		5:13	198	16:15	414	18:56	54.87	4:51:11	5:18	1	4:51:11	1	4:51:11
Irchel	5.10		5:30	211	8:58	444	11:18	59.97	5:19:15	5:19	1	5:19:15	1	5:19:15
Fluntern	6.34		5:16	219	9:36	455	11:41	66.31	5:52:44	5:19	1	5:52:44	1	5:52:44
Forch	11.30		8:22	473	53:03	786	55:55	77.61	7:27:19	5:45	1	7:27:19	1	7:27:19
Egg	8.75		7:55	468	35:56	780	37:10	86.36	8:36:40	5:58	1	8:36:40	1	8:36:40
Zumikon	12.99		6:49	460	35:32	769	41:41	99.35	10:05:20	6:05	1	10:05:20	1	10:05:20
Witikon	6.91		5:20	357	13:02	636	15:50	106.26	10:42:12	6:02	1	10:42:12	1	10:42:12
Fluntern	4.90		7:19	470	19:02	780	19:34	111.16	11:18:05	6:06	1	11:18:05	1	11:18:05
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Irchel	5.64		4:11	19	3:26	69	5:00	116.80	11:41:44	6:00	468	3:31:32	781	4:49:48