



38. SOLA-Stafette

Zürich / 07.05.2011

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pflegimuri.ch

□□: Ang.

□□: 446

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:24:15

□□: 11.23 km/h

□□□□: 5:20 min/km

□□□□□: 468 (of 790)

□□□□□□: 6:52:28

□□□□□: 196(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:30	218	7:04	443	8:27	4.40	24:16	5:30	1	24:16	1	24:16
Buchlern	13.25		4:23	78	10:47	225	15:17	17.65	1:22:34	4:40	1	1:22:34	1	1:22:34
Uetliberg	6.20		6:19	244	10:04	480	13:40	23.85	2:01:50	5:06	1	2:01:50	1	2:01:50
Felsenegg	5.90		4:50	78	5:56	202	8:37	29.75	2:30:24	5:03	1	2:30:24	1	2:30:24
Buchlern	14.02		4:50	147	16:07	337	20:08	43.77	3:38:20	4:59	1	3:38:20	1	3:38:20
Hönggerberg	11.10		5:41	331	21:19	601	24:00	54.87	4:41:29	5:07	1	4:41:29	1	4:41:29
Irchel	5.10		6:02	334	11:43	615	14:03	59.97	5:12:18	5:12	1	5:12:18	1	5:12:18
Fluntern	6.34		6:21	433	16:23	735	18:28	66.31	5:52:34	5:19	1	5:52:34	1	5:52:34
Forch	11.30		5:34	294	21:25	561	24:17	77.61	6:55:31	5:21	1	6:55:31	1	6:55:31
Egg	8.75		5:35	280	15:29	531	16:43	86.36	7:44:25	5:22	1	7:44:25	1	7:44:25
Zumikon	12.99		4:54	86	10:43	243	16:52	99.35	8:48:16	5:19	1	8:48:16	1	8:48:16
Witikon	6.91		5:57	431	17:20	734	20:08	106.26	9:29:26	5:21	1	9:29:26	1	9:29:26
Fluntern	4.90		5:00	135	7:40	334	8:12	111.16	9:53:57	5:20	1	9:53:57	1	9:53:57
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Irchel	5.64		5:22	294	10:05	548	11:39	116.80	10:24:15	5:20	207	2:14:03	486	3:32:19