



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

PSI TOMCATs

□□: X-RAYted/Ang.

□□: 448

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:16:50

□□: 11.28 km/h

□□□□: 5:16 min/km

□□□□□: 413 (of 790)

□□□□□□: 6:52:28

□□□□□: 153(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:53	327	8:45	591	10:08	4.40	25:57	5:53	1	25:57	1	25:57
Buchlern	13.25		4:50	242	16:37	484	21:07	17.65	1:30:05	5:06	1	1:30:05	1	1:30:05
Uetliberg	6.20		6:16	231	9:43	463	13:19	23.85	2:09:00	5:24	1	2:09:00	1	2:09:00
Felsenegg	5.90		5:16	177	8:28	380	11:09	29.75	2:40:06	5:22	1	2:40:06	1	2:40:06
Buchlern	14.02		4:44	118	14:41	282	18:42	43.77	3:46:36	5:10	1	3:46:36	1	3:46:36
Hönggerberg	11.10		5:42	336	21:36	609	24:17	54.87	4:50:02	5:17	1	4:50:02	1	4:50:02
Irchel	5.10		4:26	25	3:34	90	5:54	59.97	5:12:42	5:12	1	5:12:42	1	5:12:42
Fluntern	6.34		4:30	32	4:41	111	6:46	66.31	5:41:16	5:08	1	5:41:16	1	5:41:16
Forch	11.30		4:20	12	7:32	58	10:24	77.61	6:30:20	5:01	1	6:30:20	1	6:30:20
Egg	8.75		5:43	319	16:39	590	17:53	86.36	7:20:24	5:05	1	7:20:24	1	7:20:24
Zumikon	12.99		6:12	421	27:36	725	33:45	99.35	8:41:08	5:14	1	8:41:08	1	8:41:08
Witikon	6.91		5:08	313	11:39	575	14:27	106.26	9:16:37	5:14	1	9:16:37	1	9:16:37
Fluntern	4.90		5:10	182	8:30	404	9:02	111.16	9:41:58	5:14	1	9:41:58	1	9:41:58
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:10	427	14:39	735	16:13	116.80	10:16:50	5:16	164	2:06:38	430	3:24:54