



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## PUK ZH BLI-Team

□□: Ang.

□□: 449

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:11:41

□□: 11.38 km/h

□□□□: 5:14 min/km

□□□□□: 386 (of 790)

□□□□□□: 6:52:28

□□□□□: 135(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:58	80	4:42	202	6:05	4.40	21:54	4:58	1	21:54	1	21:54
Buchlern	13.25		4:39	167	14:17	378	18:47	17.65	1:23:42	4:44	1	1:23:42	1	1:23:42
Uetliberg	6.20		7:36	433	17:57	735	21:33	23.85	2:10:51	5:29	1	2:10:51	1	2:10:51
Felsenegg	5.90		5:08	148	7:42	331	10:23	29.75	2:41:11	5:25	1	2:41:11	1	2:41:11
Buchlern	14.02		4:29	58	11:15	173	15:16	43.77	3:44:15	5:07	1	3:44:15	1	3:44:15
Hönggerberg	11.10		5:00	137	13:50	313	16:31	54.87	4:39:55	5:06	1	4:39:55	1	4:39:55
Irchel	5.10		5:40	250	9:51	500	12:11	59.97	5:08:52	5:09	1	5:08:52	1	5:08:52
Fluntern	6.34		5:32	306	11:16	570	13:21	66.31	5:44:01	5:11	1	5:44:01	1	5:44:01
Forch	11.30		5:03	126	15:36	304	18:28	77.61	6:41:09	5:10	1	6:41:09	1	6:41:09
Egg	8.75		4:58	82	10:11	227	11:25	86.36	7:24:45	5:08	1	7:24:45	1	7:24:45
Zumikon	12.99		5:53	370	23:18	660	29:27	99.35	8:41:11	5:14	1	8:41:11	1	8:41:11
Witikon	6.91		4:34	138	7:47	321	10:35	106.26	9:12:48	5:12	1	9:12:48	1	9:12:48
Fluntern	4.90		6:37	439	15:38	744	16:10	111.16	9:45:17	5:15	1	9:45:17	1	9:45:17
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Irchel	5.64		4:40	108	6:11	253	7:45	116.80	10:11:41	5:14	146	2:01:29	403	3:19:45