



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Red Queen

□□: Ang.

□□: 453

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:09:44

□□: 11.41 km/h

□□□□: 5:13 min/km

□□□□□: 375 (of 790)

□□□□□□: 6:52:28

□□□□□: 127(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	67	4:28	173	5:51	4.40	21:40	4:55	1	21:40	1	21:40
Buchlern	13.25		4:16	45	9:08	157	13:38	17.65	1:18:19	4:26	1	1:18:19	1	1:18:19
Uetliberg	6.20		6:51	351	13:21	638	16:57	23.85	2:00:52	5:04	1	2:00:52	1	2:00:52
Felsenegg	5.90		5:19	197	8:49	410	11:30	29.75	2:32:19	5:07	1	2:32:19	1	2:32:19
Buchlern	14.02		4:46	133	15:14	303	19:15	43.77	3:39:22	5:00	1	3:39:22	1	3:39:22
Hönggerberg	11.10		5:52	374	23:24	656	26:05	54.87	4:44:36	5:11	1	4:44:36	1	4:44:36
Irchel	5.10		4:49	76	5:28	199	7:48	59.97	5:09:10	5:09	1	5:09:10	1	5:09:10
Fluntern	6.34		5:11	181	9:00	402	11:05	66.31	5:42:03	5:09	1	5:42:03	1	5:42:03
Forch	11.30		5:15	193	17:48	404	20:40	77.61	6:41:23	5:10	1	6:41:23	1	6:41:23
Egg	8.75		5:10	136	11:52	323	13:06	86.36	7:26:40	5:10	1	7:26:40	1	7:26:40
Zumikon	12.99		5:21	215	16:27	451	22:36	99.35	8:36:15	5:11	1	8:36:15	1	8:36:15
Witikon	6.91		5:43	413	15:42	713	18:30	106.26	9:15:47	5:13	1	9:15:47	1	9:15:47
Fluntern	4.90		4:58	129	7:34	321	8:06	111.16	9:40:12	5:13	1	9:40:12	1	9:40:12
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:14	254	9:19	490	10:53	116.80	10:09:44	5:13	138	1:59:32	392	3:17:48