



38. SOLA-Stafette

Zürich / 07.05.2011

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SoD-Runners

□□: Ang.
□□: 460

□□□: 10:42:14

□□: - km/h
□□□□: 5:29 min/km

Enduro E Bike

□□□□□: 587 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 297(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:54	329	8:47	594	10:10	4.40	25:59	5:54	1	25:59	1	25:59
Buchlern	13.25		4:43	190	15:07	411	19:37	17.65	1:28:37	5:01	1	1:28:37	1	1:28:37
Uetliberg	6.20		6:24	265	10:32	506	14:08	23.85	2:08:21	5:22	1	2:08:21	1	2:08:21
Felsenegg	5.90		5:30	244	9:49	476	12:30	29.75	2:40:48	5:24	1	2:40:48	1	2:40:48
Buchlern	14.02		4:31	65	11:40	183	15:41	43.77	3:44:17	5:07	1	3:44:17	1	3:44:17
Hönggerberg	11.10		5:05	161	14:36	352	17:17	54.87	4:40:43	5:06	1	4:40:43	1	4:40:43
Irchel	5.10		6:04	338	11:51	621	14:11	59.97	5:11:40	5:11	1	5:11:40	1	5:11:40
Fluntern	6.34		5:13	201	9:17	428	11:22	66.31	5:44:50	5:12	1	5:44:50	1	5:44:50
Forch	11.30		5:51	366	24:45	657	27:37	77.61	6:51:07	5:17	1	6:51:07	1	6:51:07
Egg	8.75		6:29	435	23:26	738	24:40	86.36	7:47:58	5:25	1	7:47:58	1	7:47:58
Zumikon	12.99		6:07	406	26:27	708	32:36	99.35	9:07:33	5:30	1	9:07:33	1	9:07:33
Witikon	6.91		4:46	207	9:11	433	11:59	106.26	9:40:34	5:27	1	9:40:34	1	9:40:34
Fluntern	4.90		5:49	326	11:41	599	12:13	111.16	10:09:06	5:28	1	10:09:06	1	10:09:06
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:52	385	12:55	679	14:29	-	10:42:14	-	309	2:32:02	606	3:50:18