



38. SOLA-Stafette

Zürich / 07.05.2011

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SOLiberA

□□: Ang.

□□: 462

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:24:57

□□: 10.23 km/h

□□□□: 5:51 min/km

□□□□□: 739 (of 790)

□□□□□□: 6:52:28

□□□□□: 436 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	200	6:44	411	8:07	4.40	23:56	5:26	1	23:56	1	23:56
Buchlern	13.25		5:28	414	24:55	709	29:25	17.65	1:36:22	5:27	1	1:36:22	1	1:36:22
Uetliberg	6.20		5:58	144	7:50	337	11:26	23.85	2:13:24	5:35	1	2:13:24	1	2:13:24
Felsenegg	5.90		6:05	394	13:20	683	16:01	29.75	2:49:22	5:41	1	2:49:22	1	2:49:22
Buchlern	14.02		4:58	192	17:52	413	21:53	43.77	3:59:03	5:27	1	3:59:03	1	3:59:03
Hönggerberg	11.10		5:35	307	20:15	567	22:56	54.87	5:01:08	5:29	1	5:01:08	1	5:01:08
Irchel	5.10		6:13	357	12:41	646	15:01	59.97	5:32:55	5:33	1	5:32:55	1	5:32:55
Fluntern	6.34		8:25	477	29:29	787	31:34	66.31	6:26:17	5:49	1	6:26:17	1	6:26:17
Forch	11.30		6:39	450	33:41	761	36:33	77.61	7:41:30	5:56	1	7:41:30	1	7:41:30
Egg	8.75		5:28	242	14:31	482	15:45	86.36	8:29:26	5:53	1	8:29:26	1	8:29:26
Zumikon	12.99		5:28	258	17:55	514	24:04	99.35	9:40:29	5:50	1	9:40:29	1	9:40:29
Witikon	6.91		5:57	433	17:23	736	20:11	106.26	10:21:42	5:51	1	10:21:42	1	10:21:42
Fluntern	4.90		6:27	421	14:50	724	15:22	111.16	10:53:23	5:52	1	10:53:23	1	10:53:23
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Irchel	5.64		5:35	341	11:21	615	12:55	116.80	11:24:57	5:51	448	3:14:45	759	4:33:01