



38. SOLA-Stafette

Zürich / 07.05.2011

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Speed Addicts

□□: Ang.

□□: 463

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:35:28

□□: 11.03 km/h

□□□□: 5:26 min/km

□□□□□: 547 (of 790)

□□□□□□: 6:52:28

□□□□□: 260(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:26	197	6:43	407	8:06	4.40	23:55	5:26	1	23:55	1	23:55
Buchlern	13.25		4:53	261	17:16	509	21:46	17.65	1:28:42	5:01	1	1:28:42	1	1:28:42
Uetliberg	6.20		5:50	106	6:59	271	10:35	23.85	2:04:53	5:14	1	2:04:53	1	2:04:53
Felsenegg	5.90		5:12	165	8:08	360	10:49	29.75	2:35:39	5:13	1	2:35:39	1	2:35:39
Buchlern	14.02		6:08	439	34:11	745	38:12	43.77	4:01:39	5:31	1	4:01:39	1	4:01:39
Hönggerberg	11.10		5:27	263	18:50	510	21:31	54.87	5:02:19	5:30	1	5:02:19	1	5:02:19
Irchel	5.10		7:13	458	17:47	763	20:07	59.97	5:39:12	5:39	1	5:39:12	1	5:39:12
Fluntern	6.34		4:20	17	3:36	65	5:41	66.31	6:06:41	5:31	1	6:06:41	1	6:06:41
Forch	11.30		5:12	174	17:19	380	20:11	77.61	7:05:32	5:28	1	7:05:32	1	7:05:32
Egg	8.75		6:19	428	21:57	728	23:11	86.36	8:00:54	5:34	1	8:00:54	1	8:00:54
Zumikon	12.99		4:32	28	5:53	108	12:02	99.35	8:59:55	5:26	1	8:59:55	1	8:59:55
Witikon	6.91		4:30	122	7:16	288	10:04	106.26	9:31:01	5:22	1	9:31:01	1	9:31:01
Fluntern	4.90		7:08	467	18:08	777	18:40	111.16	10:06:00	5:27	1	10:06:00	1	10:06:00
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Irchel	5.64		5:13	249	9:15	483	10:49	116.80	10:35:28	5:26	271	2:25:16	565	3:43:32