



38. SOLA-Stafette

Zürich / 07.05.2011

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StafLETte

□□: Ang.
□□: 467

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:21:39

□□: 11.27 km/h
□□□□: 5:19 min/km

□□□□□: 449 (of 790)

□□□□□□: 6:52:28

□□□□□: 181(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:39	264	7:44	516	9:07	4.40	24:56	5:39	1	24:56	1	24:56
Buchlern	13.25		4:42	185	14:49	404	19:19	17.65	1:27:16	4:56	1	1:27:16	1	1:27:16
Uetliberg	6.20		7:04	389	14:42	682	18:18	23.85	2:11:10	5:29	1	2:11:10	1	2:11:10
Felsenegg	5.90		5:43	311	11:07	568	13:48	29.75	2:44:55	5:32	1	2:44:55	1	2:44:55
Buchlern	14.02		4:59	201	18:12	425	22:13	43.77	3:54:56	5:22	1	3:54:56	1	3:54:56
Hönggerberg	11.10		5:28	266	18:59	515	21:40	54.87	4:55:45	5:23	1	4:55:45	1	4:55:45
Irchel	5.10		5:14	153	7:39	343	9:59	59.97	5:22:30	5:22	1	5:22:30	1	5:22:30
Fluntern	6.34		6:35	453	17:52	758	19:57	66.31	6:04:15	5:29	1	6:04:15	1	6:04:15
Forch	11.30		4:27	23	8:55	85	11:47	77.61	6:54:42	5:20	1	6:54:42	1	6:54:42
Egg	8.75		5:08	128	11:31	310	12:45	86.36	7:39:38	5:19	1	7:39:38	1	7:39:38
Zumikon	12.99		5:21	220	16:32	457	22:41	99.35	8:49:18	5:19	1	8:49:18	1	8:49:18
Witikon	6.91		5:36	404	14:58	700	17:46	106.26	9:28:06	5:20	1	9:28:06	1	9:28:06
Fluntern	4.90		5:09	178	8:28	399	9:00	111.16	9:53:25	5:20	1	9:53:25	1	9:53:25
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Irchel	5.64		5:00	190	8:01	389	9:35	116.80	10:21:39	5:19	192	2:11:27	467	3:29:43