



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SWITCH

□□: Ang.

□□: 468

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:49:29

□□: 10.79 km/h

□□□□: 5:33 min/km

□□□□□: 624 (of 790)

□□□□□□: 6:52:28

□□□□□: 330(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:51	48	4:12	147	5:35	4.40	21:24	4:51	1	21:24	1	21:24
Buchlern	13.25		5:05	329	20:02	606	24:32	17.65	1:28:57	5:02	1	1:28:57	1	1:28:57
Uetliberg	6.20		5:52	116	7:13	287	10:49	23.85	2:05:22	5:15	1	2:05:22	1	2:05:22
Felsenegg	5.90		5:56	361	12:24	642	15:05	29.75	2:40:24	5:23	1	2:40:24	1	2:40:24
Buchlern	14.02		5:11	266	21:04	520	25:05	43.77	3:53:17	5:19	1	3:53:17	1	3:53:17
Hönggerberg	11.10		6:21	437	28:40	737	31:21	54.87	5:03:47	5:32	1	5:03:47	1	5:03:47
Irchel	5.10		6:31	399	14:10	697	16:30	59.97	5:37:03	5:37	1	5:37:03	1	5:37:03
Fluntern	6.34		5:32	307	11:17	571	13:22	66.31	6:12:13	5:36	1	6:12:13	1	6:12:13
Forch	11.30		5:57	386	25:43	682	28:35	77.61	7:19:28	5:39	1	7:19:28	1	7:19:28
Egg	8.75		5:35	284	15:31	535	16:45	86.36	8:08:24	5:39	1	8:08:24	1	8:08:24
Zumikon	12.99		5:12	166	14:31	379	20:40	99.35	9:16:03	5:35	1	9:16:03	1	9:16:03
Witikon	6.91		5:16	343	12:37	617	15:25	106.26	9:52:30	5:34	1	9:52:30	1	9:52:30
Fluntern	4.90		5:34	260	10:27	515	10:59	111.16	10:19:48	5:34	1	10:19:48	1	10:19:48
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Irchel	5.64		5:15	264	9:28	504	11:02	116.80	10:49:29	5:33	342	2:39:17	643	3:57:33