



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## TEAM PH FHNW

□□: Ang.

□□: 471

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:05:55

□□: 11.57 km/h

□□□□: 5:11 min/km

□□□□□: 347 (of 790)

□□□□□□: 6:52:28

□□□□□: 111(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:42	437	12:17	744	13:40	4.40	29:29	6:42	1	29:29	1	29:29
Buchlern	13.25		4:47	226	16:04	463	20:34	17.65	1:33:04	5:16	1	1:33:04	1	1:33:04
Uetliberg	6.20		5:53	120	7:19	295	10:55	23.85	2:09:35	5:25	1	2:09:35	1	2:09:35
Felsenegg	5.90		5:42	308	11:01	564	13:42	29.75	2:43:14	5:29	1	2:43:14	1	2:43:14
Buchlern	14.02		4:36	79	12:47	217	16:48	43.77	3:47:50	5:12	1	3:47:50	1	3:47:50
Hönggerberg	11.10		5:06	166	14:56	364	17:37	54.87	4:44:36	5:11	1	4:44:36	1	4:44:36
Irchel	5.10		5:03	113	6:43	278	9:03	59.97	5:10:25	5:10	1	5:10:25	1	5:10:25
Fluntern	6.34		5:17	222	9:37	458	11:42	66.31	5:43:55	5:11	1	5:43:55	1	5:43:55
Forch	11.30		5:04	134	15:50	317	18:42	77.61	6:41:17	5:10	1	6:41:17	1	6:41:17
Egg	8.75		5:27	232	14:17	472	15:31	86.36	7:28:59	5:11	1	7:28:59	1	7:28:59
Zumikon	12.99		5:28	262	18:04	519	24:13	99.35	8:40:11	5:14	1	8:40:11	1	8:40:11
Witikon	6.91		3:40	5	1:33	29	4:21	106.26	9:05:34	5:08	1	9:05:34	1	9:05:34
Fluntern	4.90		4:24	34	4:44	128	5:16	111.16	9:27:09	5:06	1	9:27:09	1	9:27:09
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Irchel	5.64		6:52	464	18:33	776	20:07	116.80	10:05:55	5:11	122	1:55:43	364	3:13:59