



38. SOLA-Stafette

Zürich / 07.05.2011

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The Sockolis

□□: Ang.

□□: 473

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:47:04

□□: 11.86 km/h

□□□□: 5:01 min/km

□□□□□: 219 (of 790)

□□□□□□: 6:52:28

□□□□□: 36(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:51	313	8:34	576	9:57	4.40	25:46	5:51	1	25:46	1	25:46
Buchlern	13.25		4:21	67	10:16	203	14:46	17.65	1:23:33	4:44	1	1:23:33	1	1:23:33
Uetliberg	6.20		6:15	225	9:39	455	13:15	23.85	2:02:24	5:07	1	2:02:24	1	2:02:24
Felsenegg	5.90		4:55	101	6:26	252	9:07	29.75	2:31:28	5:05	1	2:31:28	1	2:31:28
Buchlern	14.02		4:19	33	8:51	120	12:52	43.77	3:32:08	4:50	1	3:32:08	1	3:32:08
Hönggerberg	11.10		4:58	127	13:20	290	16:01	54.87	4:27:18	4:52	1	4:27:18	1	4:27:18
Irchel	5.10		5:57	311	11:16	587	13:36	59.97	4:57:40	4:57	1	4:57:40	1	4:57:40
Fluntern	6.34		5:18	234	9:47	476	11:52	66.31	5:31:20	4:59	1	5:31:20	1	5:31:20
Forch	11.30		4:40	40	11:19	146	14:11	77.61	6:24:11	4:57	1	6:24:11	1	6:24:11
Egg	8.75		5:30	255	14:45	496	15:59	86.36	7:12:21	5:00	1	7:12:21	1	7:12:21
Zumikon	12.99		5:07	134	13:20	334	19:29	99.35	8:18:49	5:01	1	8:18:49	1	8:18:49
Witikon	6.91		4:38	158	8:15	356	11:03	106.26	8:50:54	4:59	1	8:50:54	1	8:50:54
Fluntern	4.90		5:58	357	12:28	640	13:00	111.16	9:20:13	5:02	1	9:20:13	1	9:20:13
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Irchel	5.64		4:45	121	6:38	276	8:12	116.80	9:47:04	5:01	43	1:36:52	232	2:55:08