



38. SOLA-Stafette

Zürich / 07.05.2011

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Traumläufer

□□: Ang.
□□: 475

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:31:46

□□: 10.13 km/h
□□□□: 5:55 min/km

□□□□□: 748 (of 790)

□□□□□□: 6:52:28

□□□□□: 443(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:05	101	5:14	254	6:37	4.40	22:26	5:05	1	22:26	1	22:26
Buchlern	13.25		6:07	465	33:35	774	38:05	17.65	1:43:32	5:51	1	1:43:32	1	1:43:32
Uetliberg	6.20		7:23	417	16:38	717	20:14	23.85	2:29:22	6:15	1	2:29:22	1	2:29:22
Felsenegg	5.90		5:34	270	10:14	514	12:55	29.75	3:02:14	6:07	1	3:02:14	1	3:02:14
Buchlern	14.02		4:42	104	14:08	264	18:09	43.77	4:08:11	5:40	1	4:08:11	1	4:08:11
Hönggerberg	11.10		6:17	427	27:57	726	30:38	54.87	5:17:58	5:47	1	5:17:58	1	5:17:58
Irchel	5.10		5:52	292	10:50	562	13:10	59.97	5:47:54	5:48	1	5:47:54	1	5:47:54
Fluntern	6.34		6:06	404	14:49	700	16:54	66.31	6:26:36	5:49	1	6:26:36	1	6:26:36
Forch	11.30		6:27	435	31:26	743	34:18	77.61	7:39:34	5:55	1	7:39:34	1	7:39:34
Egg	8.75		7:06	459	28:46	770	30:00	86.36	8:41:45	6:02	1	8:41:45	1	8:41:45
Zumikon	12.99		5:11	162	14:24	373	20:33	99.35	9:49:17	5:55	1	9:49:17	1	9:49:17
Witikon	6.91		6:02	443	17:57	747	20:45	106.26	10:31:04	5:56	1	10:31:04	1	10:31:04
Fluntern	4.90		4:42	69	6:13	219	6:45	111.16	10:54:08	5:53	1	10:54:08	1	10:54:08
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Irchel	5.64		6:40	455	17:25	766	18:59	116.80	11:31:46	5:55	455	3:21:34	768	4:39:50