



38. SOLA-Stafette

Zürich / 07.05.2011

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Waidspedal

□□: Ang.
□□: 478

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:27:04

□□: 11.10 km/h
□□□□: 5:22 min/km

□□□□□: 488 (of 790)

□□□□□□: 6:52:28

□□□□□: 214(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:49	306	8:26	568	9:49	4.40	25:38	5:49	1	25:38	1	25:38
Buchlern	13.25		5:20	393	23:12	682	27:42	17.65	1:36:21	5:27	1	1:36:21	1	1:36:21
Uetliberg	6.20		7:13	404	15:36	701	19:12	23.85	2:21:09	5:55	1	2:21:09	1	2:21:09
Felsenegg	5.90		5:45	318	11:21	578	14:02	29.75	2:55:08	5:53	1	2:55:08	1	2:55:08
Buchlern	14.02		6:05	433	33:30	738	37:31	43.77	4:20:27	5:57	1	4:20:27	1	4:20:27
Hönggerberg	11.10		4:47	90	11:21	222	14:02	54.87	5:13:38	5:42	1	5:13:38	1	5:13:38
Irchel	5.10		5:14	155	7:40	346	10:00	59.97	5:40:24	5:40	1	5:40:24	1	5:40:24
Fluntern	6.34		4:59	125	7:47	299	9:52	66.31	6:12:04	5:36	1	6:12:04	1	6:12:04
Forch	11.30		5:42	329	23:03	609	25:55	77.61	7:16:39	5:37	1	7:16:39	1	7:16:39
Egg	8.75		4:55	74	9:42	209	10:56	86.36	7:59:46	5:33	1	7:59:46	1	7:59:46
Zumikon	12.99		4:53	83	10:23	237	16:32	99.35	9:03:17	5:28	1	9:03:17	1	9:03:17
Witikon	6.91		4:49	222	9:27	454	12:15	106.26	9:36:34	5:25	1	9:36:34	1	9:36:34
Fluntern	4.90		4:28	40	5:06	143	5:38	111.16	9:58:31	5:23	1	9:58:31	1	9:58:31
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Irchel	5.64		5:03	204	8:20	411	9:54	116.80	10:27:04	5:22	224	2:16:52	506	3:35:08