



38. SOLA-Stafette

Zürich / 07.05.2011

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ALSTOM HYDRO+5

□□: G_ste

□□: 483

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:23:32

□□: 11.16 km/h

□□□□: 5:20 min/km

□□□□□: 465 (of 790)

□□□□□□: 6:52:28

□□□□□: 194(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:56	455	13:21	765	14:44	4.40	30:33	6:56	1	30:33	1	30:33
Buchlern	13.25		5:04	324	19:46	600	24:16	17.65	1:37:50	5:32	1	1:37:50	1	1:37:50
Uetliberg	6.20		5:34	57	5:19	168	8:55	23.85	2:12:21	5:32	1	2:12:21	1	2:12:21
Felsenegg	5.90		4:46	67	5:35	176	8:16	29.75	2:40:34	5:23	1	2:40:34	1	2:40:34
Buchlern	14.02		4:43	110	14:29	272	18:30	43.77	3:46:52	5:10	1	3:46:52	1	3:46:52
Hönggerberg	11.10		4:47	91	11:24	224	14:05	54.87	4:40:06	5:06	1	4:40:06	1	4:40:06
Irchel	5.10		5:05	117	6:51	285	9:11	59.97	5:06:03	5:06	1	5:06:03	1	5:06:03
Fluntern	6.34		5:12	187	9:06	411	11:11	66.31	5:39:02	5:06	1	5:39:02	1	5:39:02
Forch	11.30		5:04	133	15:49	316	18:41	77.61	6:36:23	5:06	1	6:36:23	1	6:36:23
Egg	8.75		6:39	445	24:50	752	26:04	86.36	7:34:38	5:15	1	7:34:38	1	7:34:38
Zumikon	12.99		5:28	253	17:53	509	24:02	99.35	8:45:39	5:17	1	8:45:39	1	8:45:39
Witikon	6.91		5:22	365	13:20	648	16:08	106.26	9:22:49	5:17	1	9:22:49	1	9:22:49
Fluntern	4.90		5:33	257	10:24	512	10:56	111.16	9:50:04	5:18	1	9:50:04	1	9:50:04
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Irchel	5.64		5:56	389	13:15	686	14:49	116.80	10:23:32	5:20	205	2:13:20	483	3:31:36