



38. SOLA-Stafette

Zürich / 07.05.2011

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Bildungsdirektion Zürich

□□: G_ste

□□: 485

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:49:16

□□: 10.72 km/h

□□□□: 5:33 min/km

□□□□□: 620 (of 790)

□□□□□□: 6:52:28

□□□□□: 326(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:27	422	11:14	720	12:37	4.40	28:26	6:27	1	28:26	1	28:26
Buchlern	13.25		4:52	258	17:11	506	21:41	17.65	1:33:08	5:16	1	1:33:08	1	1:33:08
Uetliberg	6.20		5:35	64	5:30	183	9:06	23.85	2:07:50	5:21	1	2:07:50	1	2:07:50
Felsenegg	5.90		5:56	362	12:26	643	15:07	29.75	2:42:54	5:28	1	2:42:54	1	2:42:54
Buchlern	14.02		4:58	194	17:58	417	21:59	43.77	3:52:41	5:18	1	3:52:41	1	3:52:41
Hönggerberg	11.10		6:33	451	31:01	755	33:42	54.87	5:05:32	5:34	1	5:05:32	1	5:05:32
Irchel	5.10		5:20	177	8:09	386	10:29	59.97	5:32:47	5:32	1	5:32:47	1	5:32:47
Fluntern	6.34		5:52	365	13:22	651	15:27	66.31	6:10:02	5:34	1	6:10:02	1	6:10:02
Forch	11.30		6:22	430	30:34	737	33:26	77.61	7:22:08	5:41	1	7:22:08	1	7:22:08
Egg	8.75		4:44	38	8:05	135	9:19	86.36	8:03:38	5:36	1	8:03:38	1	8:03:38
Zumikon	12.99		6:10	416	27:02	720	33:11	99.35	9:23:48	5:40	1	9:23:48	1	9:23:48
Witikon	6.91		4:29	119	7:14	285	10:02	106.26	9:54:52	5:35	1	9:54:52	1	9:54:52
Fluntern	4.90		5:22	218	9:29	467	10:01	111.16	10:21:12	5:35	1	10:21:12	1	10:21:12
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:58	181	7:51	378	9:25	116.80	10:49:16	5:33	338	2:39:04	639	3:57:20