



38. SOLA-Stafette

Zürich / 07.05.2011

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Mehr Move als Med

□□: G_ste
 □□: 487

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 11:21:00

□□: 10.29 km/h
 □□□□: 5:49 min/km

□□□□□: 733 (of 790)

□□□□□□: 6:52:28

□□□□□: 430(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:14	148	5:53	326	7:16	4.40	23:05	5:14	1	23:05	1	23:05
Buchlern	13.25		4:43	192	15:10	414	19:40	17.65	1:25:46	4:51	1	1:25:46	1	1:25:46
Uetliberg	6.20		5:53	121	7:20	296	10:56	23.85	2:02:18	5:07	1	2:02:18	1	2:02:18
Felsenegg	5.90		5:33	266	10:10	508	12:51	29.75	2:35:06	5:12	1	2:35:06	1	2:35:06
Buchlern	14.02		4:50	143	15:59	328	20:00	43.77	3:42:54	5:05	1	3:42:54	1	3:42:54
Hönggerberg	11.10		9:36	475	1:04:48	788	1:07:29	54.87	5:29:32	6:00	1	5:29:32	1	5:29:32
Irchel	5.10		5:23	186	8:22	399	10:42	59.97	5:57:00	5:57	1	5:57:00	1	5:57:00
Fluntern	6.34		6:38	456	18:13	762	20:18	66.31	6:39:06	6:01	1	6:39:06	1	6:39:06
Forch	11.30		5:14	191	17:45	401	20:37	77.61	7:38:23	5:54	1	7:38:23	1	7:38:23
Egg	8.75		6:03	387	19:35	678	20:49	86.36	8:31:23	5:55	1	8:31:23	1	8:31:23
Zumikon	12.99		5:34	282	19:14	550	25:23	99.35	9:43:45	5:52	1	9:43:45	1	9:43:45
Witikon	6.91		5:58	435	17:29	738	20:17	106.26	10:25:04	5:52	1	10:25:04	1	10:25:04
Fluntern	4.90		4:10	15	3:35	67	4:07	111.16	10:45:30	5:48	1	10:45:30	1	10:45:30
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Irchel	5.64		6:17	435	15:17	744	16:51	116.80	11:21:00	5:49	442	3:10:48	753	4:29:04