



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

TV Maur

□□: G_ste

□□: 490

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:47:56

□□: 11.92 km/h

□□□□: 5:02 min/km

□□□□□: 224 (of 790)

□□□□□□: 6:52:28

□□□□□: 39(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:09	116	5:28	277	6:51	4.40	22:40	5:09	1	22:40	1	22:40
Buchlern	13.25		4:51	252	16:53	499	21:23	17.65	1:27:04	4:55	1	1:27:04	1	1:27:04
Uetliberg	6.20		5:44	93	6:24	240	10:00	23.85	2:02:40	5:08	1	2:02:40	1	2:02:40
Felsenegg	5.90		5:38	286	10:37	537	13:18	29.75	2:35:55	5:14	1	2:35:55	1	2:35:55
Buchlern	14.02		4:58	196	18:01	419	22:02	43.77	3:45:45	5:09	1	3:45:45	1	3:45:45
Hönggerberg	11.10		5:00	134	13:46	310	16:27	54.87	4:41:21	5:07	1	4:41:21	1	4:41:21
Irchel	5.10		4:30	30	3:52	99	6:12	59.97	5:04:19	5:04	1	5:04:19	1	5:04:19
Fluntern	6.34		4:55	103	7:22	262	9:27	66.31	5:35:34	5:03	1	5:35:34	1	5:35:34
Forch	11.30		5:21	222	18:57	453	21:49	77.61	6:36:03	5:06	1	6:36:03	1	6:36:03
Egg	8.75		4:00	3	1:43	16	2:57	86.36	7:11:11	4:59	1	7:11:11	1	7:11:11
Zumikon	12.99		5:36	294	19:43	564	25:52	99.35	8:24:02	5:04	1	8:24:02	1	8:24:02
Witikon	6.91		3:53	15	3:01	54	5:49	106.26	8:50:53	4:59	1	8:50:53	1	8:50:53
Fluntern	4.90		5:28	239	10:01	492	10:33	111.16	9:17:45	5:01	1	9:17:45	1	9:17:45
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:21	287	9:58	539	11:32	116.80	9:47:56	5:02	47	1:37:44	238	2:56:00