



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Dyspnoe isch Myspnoe

□□: UNI  
□□: 507

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 8:54:05

□□: 13.03 km/h  
□□□□: 4:36 min/km

□□□□□: 50 (of 790)

□□□□□□: 6:52:28

□□□□□: 49(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:56	112	5:56	182	5:56	4.40	21:45	4:56	1	21:45	1	21:45
Buchlern	13.25		3:43	20	6:18	22	6:18	17.65	1:11:04	4:01	1	1:11:04	1	1:11:04
Uetliberg	6.20		5:34	112	8:56	169	8:56	23.85	1:45:36	4:25	1	1:45:36	1	1:45:36
Felsenegg	5.90		4:25	55	6:08	68	6:08	29.75	2:11:41	4:25	1	2:11:41	1	2:11:41
Buchlern	14.02		4:25	102	14:17	149	14:17	43.77	3:13:46	4:25	1	3:13:46	1	3:13:46
Hönggerberg	11.10		4:42	109	13:07	176	13:07	54.87	4:06:02	4:29	1	4:06:02	1	4:06:02
Irchel	5.10		4:25	62	5:48	85	5:48	59.97	4:28:36	4:28	1	4:28:36	1	4:28:36
Fluntern	6.34		5:18	243	11:54	479	11:54	66.31	5:02:18	4:33	1	5:02:18	1	5:02:18
Forch	11.30		4:42	107	14:27	149	14:27	77.61	5:55:25	4:34	1	5:55:25	1	5:55:25
Egg	8.75		4:16	32	5:12	40	5:12	86.36	6:32:48	4:32	1	6:32:48	1	6:32:48
Zumikon	12.99		4:56	163	17:14	251	17:14	99.35	7:37:01	4:36	1	7:37:01	1	7:37:01
Witikon	6.91		4:37	196	10:54	342	10:54	106.26	8:08:57	4:36	1	8:08:57	1	8:08:57
Fluntern	4.90		4:27	102	5:33	140	5:33	111.16	8:30:49	4:35	1	8:30:49	1	8:30:49
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Irchel	5.64		4:07	45	4:37	58	4:37	116.80	8:54:05	4:34	50	2:02:09	54	2:02:09