



# 38. SOLA-Stafette

Zürich / 07.05.2011

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eifach äppis

□□: UNI

□□: 508

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:19:33

□□: 11.23 km/h

□□□□: 5:21 min/km

□□□□□: 436 (of 790)

□□□□□□: 6:52:28

□□□□□: 264(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:02	134	6:22	220	6:22	4.40	22:11	5:02	1	22:11	1	22:11
Buchlern	13.25		4:02	67	10:29	83	10:29	17.65	1:15:41	4:17	1	1:15:41	1	1:15:41
Uetliberg	6.20		6:19	236	13:38	478	13:38	23.85	1:54:55	4:49	1	1:54:55	1	1:54:55
Felsenegg	5.90		6:54	310	20:50	761	20:50	29.75	2:35:42	5:14	1	2:35:42	1	2:35:42
Buchlern	14.02		5:00	228	22:22	432	22:22	43.77	3:45:52	5:09	1	3:45:52	1	3:45:52
Hönggerberg	11.10		5:27	246	21:26	506	21:26	54.87	4:46:27	5:13	1	4:46:27	1	4:46:27
Irchel	5.10		7:01	302	19:02	748	19:02	59.97	5:22:15	5:22	1	5:22:15	1	5:22:15
Fluntern	6.34		4:39	98	7:43	148	7:43	66.31	5:51:46	5:18	1	5:51:46	1	5:51:46
Forch	11.30		5:46	284	26:34	627	26:34	77.61	6:57:00	5:22	1	6:57:00	1	6:57:00
Egg	8.75		5:25	237	15:15	460	15:15	86.36	7:44:26	5:22	1	7:44:26	1	7:44:26
Zumikon	12.99		5:10	206	20:08	363	20:08	99.35	8:51:33	5:21	1	8:51:33	1	8:51:33
Witikon	6.91		5:22	283	16:07	647	16:07	106.26	9:28:42	5:21	1	9:28:42	1	9:28:42
Fluntern	4.90		5:08	219	8:53	387	8:53	111.16	9:53:54	5:20	1	9:53:54	1	9:53:54
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Irchel	5.64		4:32	109	7:00	181	7:00	116.80	10:19:33	5:18	271	3:27:37	454	3:27:37