



# 38. SOLA-Stafette

Zürich / 07.05.2011

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SOLAng simmer erst drü mal grännt! □□□: 9:36:31

□□: UNI

□□: 12.07 km/h

□□: 517

□□□□: 4:58 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 165 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 147(of 313)

Schnelle

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	198	7:48	375	7:48	4.40	23:37	5:22	1	23:37	1	23:37
Buchlern	13.25		4:28	162	16:12	256	16:12	17.65	1:22:50	4:41	1	1:22:50	1	1:22:50
Uetliberg	6.20		5:59	198	11:30	344	11:30	23.85	1:59:56	5:01	1	1:59:56	1	1:59:56
Felsenegg	5.90		6:23	296	17:45	721	17:45	29.75	2:37:38	5:17	1	2:37:38	1	2:37:38
Buchlern	14.02		5:07	245	24:08	487	24:08	43.77	3:49:34	5:14	1	3:49:34	1	3:49:34
Hönggerberg	11.10		4:39	96	12:35	155	12:35	54.87	4:41:18	5:07	1	4:41:18	1	4:41:18
Irchel	5.10		4:08	34	4:19	45	4:19	59.97	5:02:23	5:02	1	5:02:23	1	5:02:23
Fluntern	6.34		4:46	118	8:26	181	8:26	66.31	5:32:37	5:00	1	5:32:37	1	5:32:37
Forch	11.30		5:18	225	21:22	437	21:22	77.61	6:32:39	5:03	1	6:32:39	1	6:32:39
Egg	8.75		5:02	162	11:52	258	11:52	86.36	7:16:42	5:03	1	7:16:42	1	7:16:42
Zumikon	12.99		5:00	179	18:00	283	18:00	99.35	8:21:41	5:02	1	8:21:41	1	8:21:41
Witikon	6.91		4:04	70	7:09	107	7:09	106.26	8:49:52	4:59	1	8:49:52	1	8:49:52
Fluntern	4.90		4:22	84	5:07	116	5:07	111.16	9:11:18	4:57	1	9:11:18	1	9:11:18
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:28	93	6:34	146	6:34	116.80	9:36:31	4:56	151	2:44:35	174	2:44:35