



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## 28 bei statt allei

□□: ETH

□□: 525

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:07:16

□□: 12.81 km/h

□□□□: 4:43 min/km

□□□□□: 71 (of 790)

□□□□□□: 6:52:28

□□□□□: 66(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:23	203	7:54	387	7:54	4.40	23:43	5:23	1	23:43	1	23:43
Buchlern	13.25		3:46	24	6:56	27	6:56	17.65	1:13:40	4:10	1	1:13:40	1	1:13:40
Uetliberg	6.20		5:50	166	10:40	274	10:40	23.85	1:49:56	4:36	1	1:49:56	1	1:49:56
Felsenegg	5.90		4:36	75	7:12	106	7:12	29.75	2:17:05	4:36	1	2:17:05	1	2:17:05
Buchlern	14.02		4:05	45	9:27	52	9:27	43.77	3:14:20	4:26	1	3:14:20	1	3:14:20
Hönggerberg	11.10		5:21	234	20:18	468	20:18	54.87	4:13:47	4:37	1	4:13:47	1	4:13:47
Irchel	5.10		4:57	153	8:33	251	8:33	59.97	4:39:06	4:39	1	4:39:06	1	4:39:06
Fluntern	6.34		4:50	138	8:53	218	8:53	66.31	5:09:47	4:40	1	5:09:47	1	5:09:47
Forch	11.30		5:06	190	19:00	331	19:00	77.61	6:07:27	4:44	1	6:07:27	1	6:07:27
Egg	8.75		4:38	81	8:30	104	8:30	86.36	6:48:08	4:43	1	6:48:08	1	6:48:08
Zumikon	12.99		4:21	51	9:35	61	9:35	99.35	7:44:42	4:40	1	7:44:42	1	7:44:42
Witikon	6.91		4:36	188	10:47	329	10:47	106.26	8:16:31	4:40	1	8:16:31	1	8:16:31
Fluntern	4.90		5:02	209	8:22	355	8:22	111.16	8:41:12	4:41	1	8:41:12	1	8:41:12
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Irchel	5.64		4:37	133	7:25	223	7:25	116.80	9:07:16	4:41	68	2:15:20	76	2:15:20