



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Alti Kämpfer

□□: ETH
 □□: 527

□□: 116.80 km
 Sola-Stafette

□□□□:
 Schnelle

□□□: 9:06:08

□□: 12.74 km/h
 □□□□: 4:43 min/km

□□□□□: 69 (of 790)

□□□□□□: 6:52:28

□□□□□: 65 (of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	227	8:28	446	8:28	4.40	24:17	5:31	1	24:17	1	24:17
Buchlern	13.25		4:14	103	13:06	139	13:06	17.65	1:20:24	4:33	1	1:20:24	1	1:20:24
Uetliberg	6.20		5:37	127	9:16	195	9:16	23.85	1:55:16	4:49	1	1:55:16	1	1:55:16
Felsenegg	5.90		5:15	201	11:07	375	11:07	29.75	2:26:20	4:55	1	2:26:20	1	2:26:20
Buchlern	14.02		4:18	83	12:31	113	12:31	43.77	3:26:39	4:43	1	3:26:39	1	3:26:39
Hönggerberg	11.10		4:25	51	9:57	83	9:57	54.87	4:15:45	4:39	1	4:15:45	1	4:15:45
Irchel	5.10		4:46	116	7:33	183	7:33	59.97	4:40:04	4:40	1	4:40:04	1	4:40:04
Fluntern	6.34		4:20	49	5:42	66	5:42	66.31	5:07:34	4:38	1	5:07:34	1	5:07:34
Forch	11.30		4:15	41	9:27	51	9:27	77.61	5:55:41	4:34	1	5:55:41	1	5:55:41
Egg	8.75		5:07	180	12:39	302	12:39	86.36	6:40:31	4:38	1	6:40:31	1	6:40:31
Zumikon	12.99		4:12	34	7:46	36	7:46	99.35	7:35:16	4:34	1	7:35:16	1	7:35:16
Witikon	6.91		5:28	288	16:51	677	16:51	106.26	8:13:09	4:38	1	8:13:09	1	8:13:09
Fluntern	4.90		4:26	98	5:25	135	5:25	111.16	8:34:53	4:37	1	8:34:53	1	8:34:53
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:32	272	12:36	604	12:36	116.80	9:06:08	4:40	67	2:14:12	74	2:14:12