



38. SOLA-Stafette

Zürich / 07.05.2011

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Archiflix

□□: ETH
□□: 529

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:43:07

□□: 11.94 km/h
□□□□: 5:02 min/km

□□□□□: 201 (of 790)

□□□□□□: 6:52:28

□□□□□: 171 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:02	274	10:47	636	10:47	4.40	26:36	6:02	1	26:36	1	26:36
Buchlern	13.25		4:19	127	14:13	184	14:13	17.65	1:23:50	4:44	1	1:23:50	1	1:23:50
Uetliberg	6.20		5:59	200	11:33	348	11:33	23.85	2:00:59	5:04	1	2:00:59	1	2:00:59
Felsenegg	5.90		4:54	143	8:58	235	8:58	29.75	2:29:54	5:02	1	2:29:54	1	2:29:54
Buchlern	14.02		4:46	168	19:04	295	19:04	43.77	3:36:46	4:57	1	3:36:46	1	3:36:46
Hönggerberg	11.10		5:17	222	19:30	438	19:30	54.87	4:35:25	5:01	1	4:35:25	1	4:35:25
Irchel	5.10		5:39	250	12:04	493	12:04	59.97	5:04:15	5:04	1	5:04:15	1	5:04:15
Fluntern	6.34		4:19	47	5:36	62	5:36	66.31	5:31:39	5:00	1	5:31:39	1	5:31:39
Forch	11.30		5:31	258	23:50	543	23:50	77.61	6:34:09	5:04	1	6:34:09	1	6:34:09
Egg	8.75		4:58	142	11:19	221	11:19	86.36	7:17:39	5:04	1	7:17:39	1	7:17:39
Zumikon	12.99		4:39	111	13:37	154	13:37	99.35	8:18:15	5:00	1	8:18:15	1	8:18:15
Witikon	6.91		4:26	154	9:40	263	9:40	106.26	8:48:57	4:58	1	8:48:57	1	8:48:57
Fluntern	4.90		5:16	238	9:34	439	9:34	111.16	9:14:50	4:59	1	9:14:50	1	9:14:50
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Irchel	5.64		5:00	202	9:38	396	9:38	116.80	9:43:07	4:59	176	2:51:11	212	2:51:11