



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## MikroBlitz

□□: ETH  
□□: 545

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 9:57:38

□□: 11.65 km/h  
□□□□: 5:09 min/km

□□□□□: 284 (of 790)

□□□□□□: 6:52:28

□□□□□: 213(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:43	79	4:59	117	4:59	4.40	20:48	4:43	1	20:48	1	20:48
Buchlern	13.25		4:42	221	19:27	408	19:27	17.65	1:23:16	4:43	1	1:23:16	1	1:23:16
Uetliberg	6.20		5:58	197	11:29	343	11:29	23.85	2:00:21	5:02	1	2:00:21	1	2:00:21
Felsenegg	5.90		5:54	280	14:57	632	14:57	29.75	2:35:15	5:13	1	2:35:15	1	2:35:15
Buchlern	14.02		5:11	253	25:03	516	25:03	43.77	3:48:06	5:12	1	3:48:06	1	3:48:06
Hönggerberg	11.10		4:26	56	10:06	89	10:06	54.87	4:37:21	5:03	1	4:37:21	1	4:37:21
Irchel	5.10		4:39	97	7:00	148	7:00	59.97	5:01:07	5:01	1	5:01:07	1	5:01:07
Fluntern	6.34		5:01	183	10:03	317	10:03	66.31	5:32:58	5:01	1	5:32:58	1	5:32:58
Forch	11.30		5:16	218	20:59	420	20:59	77.61	6:32:37	5:03	1	6:32:37	1	6:32:37
Egg	8.75		6:15	299	22:37	715	22:37	86.36	7:27:25	5:10	1	7:27:25	1	7:27:25
Zumikon	12.99		5:14	217	21:06	397	21:06	99.35	8:35:30	5:11	1	8:35:30	1	8:35:30
Witikon	6.91		4:42	212	11:33	399	11:33	106.26	9:08:05	5:09	1	9:08:05	1	9:08:05
Fluntern	4.90		4:11	55	4:13	71	4:13	111.16	9:28:37	5:06	1	9:28:37	1	9:28:37
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Irchel	5.64		5:08	225	10:22	448	10:22	116.80	9:57:38	5:07	219	3:05:42	299	3:05:42