



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Mittwoch Freude

□□: ETH
□□: 546

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 8:58:34

□□: 12.92 km/h
□□□□: 4:39 min/km

□□□□□: 57 (of 790)

□□□□□□: 6:52:28

□□□□□: 55(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:39	72	4:40	108	4:40	4.40	20:29	4:39	1	20:29	1	20:29
Buchlern	13.25		4:26	155	15:54	243	15:54	17.65	1:19:24	4:29	1	1:19:24	1	1:19:24
Uetliberg	6.20		5:21	78	7:39	109	7:39	23.85	1:52:39	4:43	1	1:52:39	1	1:52:39
Felsenegg	5.90		4:26	59	6:17	72	6:17	29.75	2:18:53	4:40	1	2:18:53	1	2:18:53
Buchlern	14.02		4:49	182	19:56	323	19:56	43.77	3:26:37	4:43	1	3:26:37	1	3:26:37
Hönggerberg	11.10		4:45	126	13:41	203	13:41	54.87	4:19:27	4:43	1	4:19:27	1	4:19:27
Irchel	5.10		4:21	51	5:28	70	5:28	59.97	4:41:41	4:41	1	4:41:41	1	4:41:41
Fluntern	6.34		4:30	79	6:44	109	6:44	66.31	5:10:13	4:40	1	5:10:13	1	5:10:13
Forch	11.30		4:04	20	7:23	22	7:23	77.61	5:56:16	4:35	1	5:56:16	1	5:56:16
Egg	8.75		5:04	169	12:10	280	12:10	86.36	6:40:37	4:38	1	6:40:37	1	6:40:37
Zumikon	12.99		5:06	198	19:22	331	19:22	99.35	7:46:58	4:42	1	7:46:58	1	7:46:58
Witikon	6.91		4:20	128	8:55	212	8:55	106.26	8:16:55	4:40	1	8:16:55	1	8:16:55
Fluntern	4.90		3:46	20	2:12	25	2:12	111.16	8:35:26	4:38	1	8:35:26	1	8:35:26
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:06	41	4:29	51	4:29	116.80	8:58:34	4:36	56	2:06:38	61	2:06:38