



38. SOLA-Stafette

Zürich / 07.05.2011

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zum schüttelnden hintern

□□: ETH

□□: 564

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:25:06

□□: 12.32 km/h

□□□□: 4:53 min/km

□□□□□: 122 (of 790)

□□□□□□: 6:52:28

□□□□□: 114(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:30	226	8:27	443	8:27	4.40	24:16	5:30	1	24:16	1	24:16
Buchlern	13.25		3:36	13	4:44	15	4:44	17.65	1:12:01	4:04	1	1:12:01	1	1:12:01
Uetliberg	6.20		5:57	191	11:20	327	11:20	23.85	1:48:57	4:34	1	1:48:57	1	1:48:57
Felsenegg	5.90		5:30	234	12:33	481	12:33	29.75	2:21:27	4:45	1	2:21:27	1	2:21:27
Buchlern	14.02		3:58	31	7:56	35	7:56	43.77	3:17:11	4:30	1	3:17:11	1	3:17:11
Hönggerberg	11.10		5:21	233	20:15	465	20:15	54.87	4:16:35	4:40	1	4:16:35	1	4:16:35
Irchel	5.10		5:19	204	10:24	374	10:24	59.97	4:43:45	4:43	1	4:43:45	1	4:43:45
Fluntern	6.34		5:35	268	13:41	587	13:41	66.31	5:19:14	4:48	1	5:19:14	1	5:19:14
Forch	11.30		5:50	290	27:20	649	27:20	77.61	6:25:14	4:57	1	6:25:14	1	6:25:14
Egg	8.75		4:41	88	8:53	115	8:53	86.36	7:06:18	4:56	1	7:06:18	1	7:06:18
Zumikon	12.99		5:23	243	23:08	470	23:08	99.35	8:16:25	4:59	1	8:16:25	1	8:16:25
Witikon	6.91		4:22	138	9:10	229	9:10	106.26	8:46:37	4:57	1	8:46:37	1	8:46:37
Fluntern	4.90		3:56	32	2:59	37	2:59	111.16	9:05:55	4:54	1	9:05:55	1	9:05:55
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Irchel	5.64		3:24	6	0:32	6	0:32	116.80	9:25:06	4:50	117	2:33:10	129	2:33:10