



38. SOLA-Stafette

Zürich / 07.05.2011

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AFrEZ

□□: ETH
□□: 59

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:10:43

□□: 11.48 km/h
□□□□: 5:13 min/km

□□□□□: 379 (of 790)

□□□□□□: 6:52:28

□□□□□: 130(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:30	216	7:01	440	8:24	4.40	24:13	5:30	1	24:13	1	24:13
Buchlern	13.25		5:14	368	21:59	654	26:29	17.65	1:33:43	5:18	1	1:33:43	1	1:33:43
Uetliberg	6.20		6:07	184	8:47	402	12:23	23.85	2:11:42	5:31	1	2:11:42	1	2:11:42
Felsenegg	5.90		4:51	80	5:59	204	8:40	29.75	2:40:19	5:23	1	2:40:19	1	2:40:19
Buchlern	14.02		5:22	319	23:37	595	27:38	43.77	3:55:45	5:23	1	3:55:45	1	3:55:45
Hönggerberg	11.10		5:18	223	17:07	449	19:48	54.87	4:54:42	5:22	1	4:54:42	1	4:54:42
Irchel	5.10		6:18	368	13:05	660	15:25	59.97	5:26:53	5:27	1	5:26:53	1	5:26:53
Fluntern	6.34		4:47	69	6:30	196	8:35	66.31	5:57:16	5:23	1	5:57:16	1	5:57:16
Forch	11.30		5:22	227	19:07	462	21:59	77.61	6:57:55	5:23	1	6:57:55	1	6:57:55
Egg	8.75		5:23	214	13:47	443	15:01	86.36	7:45:07	5:23	1	7:45:07	1	7:45:07
Zumikon	12.99		5:24	229	17:04	473	23:13	99.35	8:55:19	5:23	1	8:55:19	1	8:55:19
Witikon	6.91		3:57	20	3:28	70	6:16	106.26	9:22:37	5:17	1	9:22:37	1	9:22:37
Fluntern	4.90		5:04	159	8:03	373	8:35	111.16	9:47:31	5:17	1	9:47:31	1	9:47:31
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Irchel	5.64		4:06	13	2:59	55	4:33	116.80	10:10:43	5:13	141	2:00:31	396	3:18:47