



38. SOLA-Stafette

Zürich / 07.05.2011

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Assemblage de cäpages romands

□□□: 10:39:50

□□: ETH

□□: 10.88 km/h

□□: 62

□□□□: 5:28 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 572 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 283(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	165	6:14	351	7:37	4.40	23:26	5:19	1	23:26	1	23:26
Buchlern	13.25		4:00	15	5:40	73	10:10	17.65	1:16:37	4:20	1	1:16:37	1	1:16:37
Uetliberg	6.20		7:07	396	14:56	691	18:32	23.85	2:00:45	5:03	1	2:00:45	1	2:00:45
Felsenegg	5.90		5:58	374	12:40	658	15:21	29.75	2:36:03	5:14	1	2:36:03	1	2:36:03
Buchlern	14.02		4:41	101	14:00	260	18:01	43.77	3:41:52	5:04	1	3:41:52	1	3:41:52
Hönggerberg	11.10		4:50	100	11:59	242	14:40	54.87	4:35:41	5:01	1	4:35:41	1	4:35:41
Irchel	5.10		5:04	115	6:45	281	9:05	59.97	5:01:32	5:01	1	5:01:32	1	5:01:32
Fluntern	6.34		6:40	459	18:23	765	20:28	66.31	5:43:48	5:11	1	5:43:48	1	5:43:48
Forch	11.30		5:26	256	19:58	501	22:50	77.61	6:45:18	5:13	1	6:45:18	1	6:45:18
Egg	8.75		5:25	225	14:04	462	15:18	86.36	7:32:47	5:14	1	7:32:47	1	7:32:47
Zumikon	12.99		5:59	388	24:47	688	30:56	99.35	8:50:42	5:20	1	8:50:42	1	8:50:42
Witikon	6.91		8:47	474	36:55	785	39:43	106.26	9:51:27	5:33	1	9:51:27	1	9:51:27
Fluntern	4.90		4:05	7	3:12	52	3:44	111.16	10:11:30	5:30	1	10:11:30	1	10:11:30
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Irchel	5.64		5:01	196	8:07	400	9:41	116.80	10:39:50	5:28	294	2:29:38	590	3:47:54