



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Bierlitrinker

□□: ETH

□□: 63

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:31:14

□□: 11.03 km/h

□□□□: 5:24 min/km

□□□□□: 514 (of 790)

□□□□□□: 6:52:28

□□□□□: 233(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:36	30	3:06	93	4:29	4.40	20:18	4:36	1	20:18	1	20:18
Buchlern	13.25		5:15	374	22:11	660	26:41	17.65	1:30:00	5:05	1	1:30:00	1	1:30:00
Uetliberg	6.20		5:26	41	4:34	128	8:10	23.85	2:03:46	5:11	1	2:03:46	1	2:03:46
Felsenegg	5.90		4:43	61	5:17	159	7:58	29.75	2:31:41	5:05	1	2:31:41	1	2:31:41
Buchlern	14.02		7:41	475	56:02	787	1:00:03	43.77	4:19:32	5:55	1	4:19:32	1	4:19:32
Hönggerberg	11.10		5:16	208	16:42	427	19:23	54.87	5:18:04	5:47	1	5:18:04	1	5:18:04
Irchel	5.10		4:48	74	5:26	197	7:46	59.97	5:42:36	5:42	1	5:42:36	1	5:42:36
Fluntern	6.34		4:30	31	4:40	110	6:45	66.31	6:11:09	5:35	1	6:11:09	1	6:11:09
Forch	11.30		6:00	393	26:20	690	29:12	77.61	7:19:01	5:39	1	7:19:01	1	7:19:01
Egg	8.75		4:54	70	9:30	200	10:44	86.36	8:01:56	5:34	1	8:01:56	1	8:01:56
Zumikon	12.99		4:47	64	9:06	198	15:15	99.35	9:04:10	5:28	1	9:04:10	1	9:04:10
Witikon	6.91		4:45	196	9:00	416	11:48	106.26	9:37:00	5:25	1	9:37:00	1	9:37:00
Fluntern	4.90		5:11	186	8:33	408	9:05	111.16	10:02:24	5:25	1	10:02:24	1	10:02:24
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Irchel	5.64		5:06	213	8:37	432	10:11	116.80	10:31:14	5:24	244	2:21:02	532	3:39:18