



38. SOLA-Stafette

Zürich / 07.05.2011

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BWS - brave wild sexy

□□: ETH
□□: 65

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:59:49

□□: 11.60 km/h
□□□□: 5:08 min/km

□□□□□: 300 (of 790)

□□□□□□: 6:52:28

□□□□□: 83(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:18	159	6:10	342	7:33	4.40	23:22	5:18	1	23:22	1	23:22
Buchlern	13.25		4:35	142	13:20	340	17:50	17.65	1:24:13	4:46	1	1:24:13	1	1:24:13
Uetliberg	6.20		5:11	18	2:57	67	6:33	23.85	1:56:22	4:52	1	1:56:22	1	1:56:22
Felsenegg	5.90		5:02	126	7:05	293	9:46	29.75	2:26:05	4:54	1	2:26:05	1	2:26:05
Buchlern	14.02		5:44	391	28:37	683	32:38	43.77	3:46:31	5:10	1	3:46:31	1	3:46:31
Hönggerberg	11.10		5:27	258	18:42	502	21:23	54.87	4:47:03	5:13	1	4:47:03	1	4:47:03
Irchel	5.10		5:27	200	8:43	426	11:03	59.97	5:14:52	5:15	1	5:14:52	1	5:14:52
Fluntern	6.34		5:21	251	10:06	496	12:11	66.31	5:48:51	5:15	1	5:48:51	1	5:48:51
Forch	11.30		5:44	337	23:24	618	26:16	77.61	6:53:47	5:19	1	6:53:47	1	6:53:47
Egg	8.75		5:18	181	12:59	391	14:13	86.36	7:40:11	5:19	1	7:40:11	1	7:40:11
Zumikon	12.99		4:21	10	3:25	60	9:34	99.35	8:36:44	5:12	1	8:36:44	1	8:36:44
Witikon	6.91		4:31	128	7:24	297	10:12	106.26	9:07:58	5:09	1	9:07:58	1	9:07:58
Fluntern	4.90		5:57	349	12:22	632	12:54	111.16	9:37:11	5:11	1	9:37:11	1	9:37:11
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:00	7	2:25	42	3:59	116.80	9:59:49	5:08	93	1:49:37	316	3:07:53