



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## BWS-SOFA

□□: ETH

□□: 66

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:25:01

□□: 11.14 km/h

□□□□: 5:21 min/km

□□□□□: 472 (of 790)

□□□□□□: 6:52:28

□□□□□: 199(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:35	241	7:24	477	8:47	4.40	24:36	5:35	1	24:36	1	24:36
Buchlern	13.25		5:07	341	20:27	620	24:57	17.65	1:32:34	5:14	1	1:32:34	1	1:32:34
Uetliberg	6.20		6:53	355	13:33	643	17:09	23.85	2:15:19	5:40	1	2:15:19	1	2:15:19
Felsenegg	5.90		5:58	371	12:37	655	15:18	29.75	2:50:34	5:44	1	2:50:34	1	2:50:34
Buchlern	14.02		5:14	276	21:36	537	25:37	43.77	4:03:59	5:34	1	4:03:59	1	4:03:59
Hönggerberg	11.10		4:41	66	10:20	170	13:01	54.87	4:56:09	5:23	1	4:56:09	1	4:56:09
Irchel	5.10		6:40	423	14:58	722	17:18	59.97	5:30:13	5:30	1	5:30:13	1	5:30:13
Fluntern	6.34		5:17	226	9:41	466	11:46	66.31	6:03:47	5:29	1	6:03:47	1	6:03:47
Forch	11.30		5:30	280	20:44	535	23:36	77.61	7:06:03	5:29	1	7:06:03	1	7:06:03
Egg	8.75		5:57	372	18:43	652	19:57	86.36	7:58:11	5:32	1	7:58:11	1	7:58:11
Zumikon	12.99		4:44	53	8:30	179	14:39	99.35	8:59:49	5:26	1	8:59:49	1	8:59:49
Witikon	6.91		5:13	330	12:19	601	15:07	106.26	9:35:58	5:25	1	9:35:58	1	9:35:58
Fluntern	4.90		4:31	46	5:17	154	5:49	111.16	9:58:06	5:22	1	9:58:06	1	9:58:06
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Irchel	5.64		4:46	124	6:42	280	8:16	116.80	10:25:01	5:21	210	2:14:49	490	3:33:05