



38. SOLA-Stafette

Zürich / 07.05.2011

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Diederich Country Club

□□: ETH
□□: 70

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:54:32

□□: 11.71 km/h
□□□□: 5:05 min/km

□□□□□: 260 (of 790)

□□□□□□: 6:52:28

□□□□□: 57(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:58	81	4:43	203	6:06	4.40	21:55	4:58	1	21:55	1	21:55
Buchlern	13.25		4:22	70	10:24	207	14:54	17.65	1:19:50	4:31	1	1:19:50	1	1:19:50
Uetliberg	6.20		7:01	383	14:24	676	18:00	23.85	2:03:26	5:10	1	2:03:26	1	2:03:26
Felsenegg	5.90		5:36	280	10:27	528	13:08	29.75	2:36:31	5:15	1	2:36:31	1	2:36:31
Buchlern	14.02		4:41	98	13:51	256	17:52	43.77	3:42:11	5:04	1	3:42:11	1	3:42:11
Hönggerberg	11.10		5:03	151	14:21	334	17:02	54.87	4:38:22	5:04	1	4:38:22	1	4:38:22
Irchel	5.10		5:51	289	10:48	558	13:08	59.97	5:08:16	5:08	1	5:08:16	1	5:08:16
Fluntern	6.34		4:50	81	6:49	219	8:54	66.31	5:38:58	5:06	1	5:38:58	1	5:38:58
Forch	11.30		5:04	130	15:44	311	18:36	77.61	6:36:14	5:06	1	6:36:14	1	6:36:14
Egg	8.75		4:37	20	7:02	95	8:16	86.36	7:16:41	5:03	1	7:16:41	1	7:16:41
Zumikon	12.99		5:16	191	15:22	414	21:31	99.35	8:25:11	5:05	1	8:25:11	1	8:25:11
Witikon	6.91		5:21	361	13:10	643	15:58	106.26	9:02:11	5:06	1	9:02:11	1	9:02:11
Fluntern	4.90		4:55	110	7:18	295	7:50	111.16	9:26:20	5:05	1	9:26:20	1	9:26:20
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Irchel	5.64		5:00	186	7:59	385	9:33	116.80	9:54:32	5:05	65	1:44:20	274	3:02:36