



38. SOLA-Stafette

Zürich / 07.05.2011

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FireKrekRs

□□: ETH

□□: 75

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:47:25

□□: 11.85 km/h

□□□□: 5:01 min/km

□□□□□: 221 (of 790)

□□□□□□: 6:52:28

□□□□□: 38(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:36	29	3:05	91	4:28	4.40	20:17	4:36	1	20:17	1	20:17
Buchlern	13.25		5:10	353	20:58	633	25:28	17.65	1:28:46	5:01	1	1:28:46	1	1:28:46
Uetliberg	6.20		6:12	215	9:19	439	12:55	23.85	2:07:17	5:20	1	2:07:17	1	2:07:17
Felsenegg	5.90		4:18	10	2:46	50	5:27	29.75	2:32:41	5:07	1	2:32:41	1	2:32:41
Buchlern	14.02		4:40	97	13:50	255	17:51	43.77	3:38:20	4:59	1	3:38:20	1	3:38:20
Hönggerberg	11.10		5:11	186	15:46	394	18:27	54.87	4:35:56	5:01	1	4:35:56	1	4:35:56
Irchel	5.10		5:37	235	9:34	482	11:54	59.97	5:04:36	5:04	1	5:04:36	1	5:04:36
Fluntern	6.34		4:56	108	7:29	269	9:34	66.31	5:35:58	5:03	1	5:35:58	1	5:35:58
Forch	11.30		5:19	219	18:44	446	21:36	77.61	6:36:14	5:06	1	6:36:14	1	6:36:14
Egg	8.75		5:30	254	14:44	495	15:58	86.36	7:24:23	5:08	1	7:24:23	1	7:24:23
Zumikon	12.99		4:52	82	10:16	236	16:25	99.35	8:27:47	5:06	1	8:27:47	1	8:27:47
Witikon	6.91		4:45	199	9:05	422	11:53	106.26	9:00:42	5:05	1	9:00:42	1	9:00:42
Fluntern	4.90		4:18	28	4:16	102	4:48	111.16	9:21:49	5:03	1	9:21:49	1	9:21:49
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:32	69	5:23	176	6:57	116.80	9:47:25	5:01	45	1:37:13	234	2:55:29