



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Aerosohle

□□: Ang.  
□□: 770

□□: 116.80 km  
Sola-Stafette

□□□□:  
Schnelle

□□□: 9:23:11

□□: 12.36 km/h  
□□□□: 4:52 min/km

□□□□□: 111 (of 790)

□□□□□□: 6:52:28

□□□□□: 103(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	188	7:39	356	7:39	4.40	23:28	5:19	1	23:28	1	23:28
Buchlern	13.25		4:14	105	13:09	141	13:09	17.65	1:19:38	4:30	1	1:19:38	1	1:19:38
Uetliberg	6.20		5:11	50	6:33	67	6:33	23.85	1:51:47	4:41	1	1:51:47	1	1:51:47
Felsenegg	5.90		5:04	175	10:02	311	10:02	29.75	2:21:46	4:45	1	2:21:46	1	2:21:46
Buchlern	14.02		4:46	167	19:02	294	19:02	43.77	3:28:36	4:45	1	3:28:36	1	3:28:36
Hönggerberg	11.10		4:43	115	13:19	184	13:19	54.87	4:21:04	4:45	1	4:21:04	1	4:21:04
Irchel	5.10		4:32	74	6:26	109	6:26	59.97	4:44:16	4:44	1	4:44:16	1	4:44:16
Fluntern	6.34		4:34	87	7:14	126	7:14	66.31	5:13:18	4:43	1	5:13:18	1	5:13:18
Forch	11.30		5:09	197	19:32	352	19:32	77.61	6:11:30	4:47	1	6:11:30	1	6:11:30
Egg	8.75		4:22	40	6:03	50	6:03	86.36	6:49:44	4:44	1	6:49:44	1	6:49:44
Zumikon	12.99		5:25	247	23:26	484	23:26	99.35	8:00:09	4:49	1	8:00:09	1	8:00:09
Witikon	6.91		4:42	212	11:33	399	11:33	106.26	8:32:44	4:49	1	8:32:44	1	8:32:44
Fluntern	4.90		4:54	182	7:45	288	7:45	111.16	8:56:48	4:49	1	8:56:48	1	8:56:48
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Irchel	5.64		4:40	145	7:44	252	7:44	116.80	9:23:11	4:49	106	2:31:15	118	2:31:15