



38. SOLA-Stafette

Zürich / 07.05.2011

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Gäge gäge gäge gäge gäge gäge gäge gäge 45:24

□□: ETH

□□: 11.89 km/h

□□: 77

□□□□: 5:00 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 213 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 33(of 477)

Langsame

□□□□□□□: 8:43:10

□□□□

□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	95	5:07	240	6:30	4.40	22:19	5:04	1	22:19	1	22:19
Buchlern	13.25		4:58	296	18:24	557	22:54	17.65	1:28:14	4:59	1	1:28:14	1	1:28:14
Uetliberg	6.20		5:57	136	7:42	325	11:18	23.85	2:05:08	5:14	1	2:05:08	1	2:05:08
Felsenegg	5.90		4:13	9	2:19	39	5:00	29.75	2:30:05	5:02	1	2:30:05	1	2:30:05
Buchlern	14.02		5:19	296	22:48	563	26:49	43.77	3:44:42	5:08	1	3:44:42	1	3:44:42
Hönggerberg	11.10		4:52	105	12:12	250	14:53	54.87	4:38:44	5:04	1	4:38:44	1	4:38:44
Irchel	5.10		4:27	26	3:40	92	6:00	59.97	5:01:30	5:01	1	5:01:30	1	5:01:30
Fluntern	6.34		5:41	329	12:13	609	14:18	66.31	5:37:36	5:05	1	5:37:36	1	5:37:36
Forch	11.30		4:59	102	14:49	267	17:41	77.61	6:33:57	5:04	1	6:33:57	1	6:33:57
Egg	8.75		4:28	15	5:41	68	6:55	86.36	7:13:03	5:00	1	7:13:03	1	7:13:03
Zumikon	12.99		5:17	194	15:33	420	21:42	99.35	8:21:44	5:03	1	8:21:44	1	8:21:44
Witikon	6.91		4:55	258	10:12	502	13:00	106.26	8:55:46	5:02	1	8:55:46	1	8:55:46
Fluntern	4.90		4:33	53	5:27	169	5:59	111.16	9:18:04	5:01	1	9:18:04	1	9:18:04
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:50	145	7:07	317	8:41	116.80	9:45:24	5:00	39	1:35:12	224	2:53:28