



38. SOLA-Stafette

Zürich / 07.05.2011

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HSG Frisch & Jung

□□: Ang.

□□: 777

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:57:14

□□: 11.65 km/h

□□□□: 5:09 min/km

□□□□□: 282 (of 790)

□□□□□□: 6:52:28

□□□□□: 212(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Hönggerberg | 4.40 | | 6:19 | 295 | 12:02 | 702 | 12:02 | 4.40 | 27:51 | 6:19 | 1 | 27:51 | 1 | 27:51 |
| Buchlern | 13.25 | | 5:16 | 287 | 26:52 | 665 | 26:52 | 17.65 | 1:37:44 | 5:32 | 1 | 1:37:44 | 1 | 1:37:44 |
| Uetliberg | 6.20 | | 5:58 | 194 | 11:27 | 339 | 11:27 | 23.85 | 2:14:47 | 5:39 | 1 | 2:14:47 | 1 | 2:14:47 |
| Felsenegg | 5.90 | | 4:54 | 147 | 9:00 | 242 | 9:00 | 29.75 | 2:43:44 | 5:30 | 1 | 2:43:44 | 1 | 2:43:44 |
| Buchlern | 14.02 | | 5:20 | 269 | 27:05 | 572 | 27:05 | 43.77 | 3:58:37 | 5:27 | 1 | 3:58:37 | 1 | 3:58:37 |
| Hönggerberg | 11.10 | | 4:29 | 63 | 10:41 | 98 | 10:41 | 54.87 | 4:48:27 | 5:15 | 1 | 4:48:27 | 1 | 4:48:27 |
| Irchel | 5.10 | | 4:29 | 69 | 6:07 | 98 | 6:07 | 59.97 | 5:11:20 | 5:11 | 1 | 5:11:20 | 1 | 5:11:20 |
| Fluntern | 6.34 | | 5:16 | 233 | 11:37 | 447 | 11:37 | 66.31 | 5:44:45 | 5:11 | 1 | 5:44:45 | 1 | 5:44:45 |
| Forch | 11.30 | | 4:50 | 135 | 16:07 | 199 | 16:07 | 77.61 | 6:39:32 | 5:08 | 1 | 6:39:32 | 1 | 6:39:32 |
| Egg | 8.75 | | 4:55 | 134 | 10:55 | 207 | 10:55 | 86.36 | 7:22:38 | 5:07 | 1 | 7:22:38 | 1 | 7:22:38 |
| Zumikon | 12.99 | | 5:47 | 289 | 28:21 | 636 | 28:21 | 99.35 | 8:37:58 | 5:12 | 1 | 8:37:58 | 1 | 8:37:58 |
| Witikon | 6.91 | | 4:35 | 187 | 10:44 | 326 | 10:44 | 106.26 | 9:09:44 | 5:10 | 1 | 9:09:44 | 1 | 9:09:44 |
| Fluntern | 4.90 | | 4:32 | 115 | 5:57 | 166 | 5:57 | 111.16 | 9:32:00 | 5:08 | 1 | 9:32:00 | 1 | 9:32:00 |
| □□□ | - | fehlt! | - | - | - | - | - | 111.16 | - | - | - | - | - | - |
| Irchel | 5.64 | | 4:28 | 95 | 6:35 | 149 | 6:35 | 116.80 | 9:57:14 | 5:06 | 218 | 3:05:18 | 297 | 3:05:18 |