



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Green-Pace

□□: ETH  
□□: 78

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 9:55:26

□□: 11.77 km/h  
□□□□: 5:05 min/km

□□□□□: 270 (of 790)

□□□□□□: 6:52:28

□□□□□: 63(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:41	269	7:50	523	9:13	4.40	25:02	5:41	1	25:02	1	25:02
Buchlern	13.25		5:07	339	20:24	618	24:54	17.65	1:32:57	5:15	1	1:32:57	1	1:32:57
Uetliberg	6.20		6:09	199	8:57	421	12:33	23.85	2:11:06	5:29	1	2:11:06	1	2:11:06
Felsenegg	5.90		4:31	17	4:01	82	6:42	29.75	2:37:45	5:18	1	2:37:45	1	2:37:45
Buchlern	14.02		4:08	12	6:16	62	10:17	43.77	3:35:50	4:55	1	3:35:50	1	3:35:50
Hönggerberg	11.10		4:58	125	13:19	287	16:00	54.87	4:30:59	4:56	1	4:30:59	1	4:30:59
Irchel	5.10		4:21	21	3:09	73	5:29	59.97	4:53:14	4:53	1	4:53:14	1	4:53:14
Fluntern	6.34		5:00	128	7:50	304	9:55	66.31	5:24:57	4:54	1	5:24:57	1	5:24:57
Forch	11.30		6:09	411	28:06	713	30:58	77.61	6:34:35	5:05	1	6:34:35	1	6:34:35
Egg	8.75		5:55	368	18:23	648	19:37	86.36	7:26:23	5:10	1	7:26:23	1	7:26:23
Zumikon	12.99		5:18	197	15:44	424	21:53	99.35	8:35:15	5:11	1	8:35:15	1	8:35:15
Witikon	6.91		3:56	19	3:25	69	6:13	106.26	9:02:30	5:06	1	9:02:30	1	9:02:30
Fluntern	4.90		5:35	269	10:35	528	11:07	111.16	9:29:56	5:07	1	9:29:56	1	9:29:56
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Irchel	5.64		4:31	67	5:17	170	6:51	116.80	9:55:26	5:05	71	1:45:14	284	3:03:30