



38. SOLA-Stafette

Zürich / 07.05.2011

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Lehrlauf

□□: Ang.
□□: 783

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:24:35

□□: 12.33 km/h
□□□□: 4:52 min/km

□□□□□: 116 (of 790)

□□□□□□: 6:52:28

□□□□□: 108(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:22	202	7:52	383	7:52	4.40	23:41	5:22	1	23:41	1	23:41
Buchlern	13.25		4:00	57	10:02	69	10:02	17.65	1:16:44	4:20	1	1:16:44	1	1:16:44
Uetliberg	6.20		5:49	163	10:31	266	10:31	23.85	1:52:51	4:43	1	1:52:51	1	1:52:51
Felsenegg	5.90		5:02	168	9:48	295	9:48	29.75	2:22:36	4:47	1	2:22:36	1	2:22:36
Buchlern	14.02		4:39	153	17:32	243	17:32	43.77	3:27:56	4:45	1	3:27:56	1	3:27:56
Hönggerberg	11.10		4:38	95	12:24	154	12:24	54.87	4:19:29	4:43	1	4:19:29	1	4:19:29
Irchel	5.10		4:36	84	6:43	124	6:43	59.97	4:42:58	4:43	1	4:42:58	1	4:42:58
Fluntern	6.34		4:47	129	8:36	198	8:36	66.31	5:13:22	4:43	1	5:13:22	1	5:13:22
Forch	11.30		5:18	221	21:14	430	21:14	77.61	6:13:16	4:48	1	6:13:16	1	6:13:16
Egg	8.75		5:39	262	17:22	563	17:22	86.36	7:02:49	4:53	1	7:02:49	1	7:02:49
Zumikon	12.99		4:41	119	14:02	165	14:02	99.35	8:03:50	4:52	1	8:03:50	1	8:03:50
Witikon	6.91		4:03	65	7:00	94	7:00	106.26	8:31:52	4:49	1	8:31:52	1	8:31:52
Fluntern	4.90		4:48	167	7:15	252	7:15	111.16	8:55:26	4:49	1	8:55:26	1	8:55:26
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Irchel	5.64		5:10	231	10:30	459	10:30	116.80	9:24:35	4:50	111	2:32:39	123	2:32:39