



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Med. IPS Unispital ZH

□□: Ang.

□□: 786

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:33:55

□□: 12.13 km/h

□□□□: 4:57 min/km

□□□□□: 156 (of 790)

□□□□□□: 6:52:28

□□□□□: 140(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:36	239	8:51	486	8:51	4.40	24:40	5:36	1	24:40	1	24:40
Buchlern	13.25		4:47	237	20:31	461	20:31	17.65	1:28:12	4:59	1	1:28:12	1	1:28:12
Uetliberg	6.20		5:40	136	9:36	215	9:36	23.85	2:03:24	5:10	1	2:03:24	1	2:03:24
Felsenegg	5.90		5:19	214	11:30	410	11:30	29.75	2:34:51	5:12	1	2:34:51	1	2:34:51
Buchlern	14.02		4:52	201	20:36	358	20:36	43.77	3:43:15	5:06	1	3:43:15	1	3:43:15
Hönggerberg	11.10		5:17	224	19:37	442	19:37	54.87	4:42:01	5:08	1	4:42:01	1	4:42:01
Irchel	5.10		5:50	266	13:03	552	13:03	59.97	5:11:50	5:11	1	5:11:50	1	5:11:50
Fluntern	6.34		4:39	100	7:44	150	7:44	66.31	5:41:22	5:08	1	5:41:22	1	5:41:22
Forch	11.30		4:39	105	14:04	143	14:04	77.61	6:34:06	5:04	1	6:34:06	1	6:34:06
Egg	8.75		4:55	136	10:57	210	10:57	86.36	7:17:14	5:03	1	7:17:14	1	7:17:14
Zumikon	12.99		3:53	8	3:31	8	3:31	99.35	8:07:44	4:54	1	8:07:44	1	8:07:44
Witikon	6.91		4:18	117	8:42	191	8:42	106.26	8:37:28	4:52	1	8:37:28	1	8:37:28
Fluntern	4.90		4:22	87	5:08	119	5:08	111.16	8:58:55	4:50	1	8:58:55	1	8:58:55
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Irchel	5.64		6:12	309	16:21	737	16:21	116.80	9:33:55	4:54	144	2:41:59	165	2:41:59