



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Running noses

□□: Ang.

□□: 792

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:59:18

□□: 11.61 km/h

□□□□: 5:10 min/km

□□□□□: 294 (of 790)

□□□□□□: 6:52:28

□□□□□: 216(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:27	214	8:12	418	8:12	4.40	24:01	5:27	1	24:01	1	24:01
Buchlern	13.25		4:42	220	19:22	405	19:22	17.65	1:26:24	4:53	1	1:26:24	1	1:26:24
Uetliberg	6.20		6:23	240	14:00	495	14:00	23.85	2:06:00	5:16	1	2:06:00	1	2:06:00
Felsenegg	5.90		5:37	249	13:12	530	13:12	29.75	2:39:09	5:20	1	2:39:09	1	2:39:09
Buchlern	14.02		4:33	128	16:04	196	16:04	43.77	3:43:01	5:05	1	3:43:01	1	3:43:01
Hönggerberg	11.10		5:34	260	22:48	565	22:48	54.87	4:44:58	5:11	1	4:44:58	1	4:44:58
Irchel	5.10		4:54	141	8:17	231	8:17	59.97	5:10:01	5:10	1	5:10:01	1	5:10:01
Fluntern	6.34		5:48	286	14:59	635	14:59	66.31	5:46:48	5:13	1	5:46:48	1	5:46:48
Forch	11.30		4:45	122	15:09	175	15:09	77.61	6:40:37	5:09	1	6:40:37	1	6:40:37
Egg	8.75		4:32	69	7:37	86	7:37	86.36	7:20:25	5:05	1	7:20:25	1	7:20:25
Zumikon	12.99		5:44	285	27:31	609	27:31	99.35	8:34:55	5:10	1	8:34:55	1	8:34:55
Witikon	6.91		5:52	303	19:37	724	19:37	106.26	9:15:34	5:13	1	9:15:34	1	9:15:34
Fluntern	4.90		4:32	112	5:55	161	5:55	111.16	9:37:48	5:11	1	9:37:48	1	9:37:48
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Irchel	5.64		3:48	26	2:51	30	2:51	116.80	9:59:18	5:07	222	3:07:22	310	3:07:22