



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

GremoPlus

□□: ETH
□□: 79

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:44:14

□□: 10.80 km/h
□□□□: 5:30 min/km

□□□□□: 597 (of 790)

□□□□□□: 6:52:28

□□□□□: 307(of 477)

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:41	268	7:49	522	9:12	4.40	25:01	5:41	1	25:01	1	25:01
Buchlern	13.25		4:44	196	15:23	420	19:53	17.65	1:27:55	4:58	1	1:27:55	1	1:27:55
Uetliberg	6.20		7:58	449	20:14	754	23:50	23.85	2:17:21	5:45	1	2:17:21	1	2:17:21
Felsenegg	5.90		4:54	97	6:20	245	9:01	29.75	2:46:19	5:35	1	2:46:19	1	2:46:19
Buchlern	14.02		5:26	338	24:27	618	28:28	43.77	4:02:35	5:32	1	4:02:35	1	4:02:35
Hönggerberg	11.10		4:58	125	13:19	287	16:00	54.87	4:57:44	5:25	1	4:57:44	1	4:57:44
Irchel	5.10		5:53	296	10:57	569	13:17	59.97	5:27:47	5:27	1	5:27:47	1	5:27:47
Fluntern	6.34		5:28	288	10:48	542	12:53	66.31	6:02:28	5:27	1	6:02:28	1	6:02:28
Forch	11.30		5:43	335	23:13	615	26:05	77.61	7:07:13	5:30	1	7:07:13	1	7:07:13
Egg	8.75		5:20	203	13:21	422	14:35	86.36	7:53:59	5:29	1	7:53:59	1	7:53:59
Zumikon	12.99		5:31	275	18:39	538	24:48	99.35	9:05:46	5:29	1	9:05:46	1	9:05:46
Witikon	6.91		6:02	442	17:53	746	20:41	106.26	9:47:29	5:31	1	9:47:29	1	9:47:29
Fluntern	4.90		4:56	119	7:24	310	7:56	111.16	10:11:44	5:30	1	10:11:44	1	10:11:44
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:45	371	12:17	657	13:51	116.80	10:44:14	5:30	319	2:34:02	616	3:52:18