



38. SOLA-Stafette

Zürich / 07.05.2011

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Sugar Rats

□□: Ang.
□□: 798

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:39:21

□□: 10.89 km/h
□□□□: 5:31 min/km

□□□□□: 570 (of 790)

□□□□□□: 6:52:28

□□□□□: 289(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:00	130	6:14	214	6:14	4.40	22:03	5:00	1	22:03	1	22:03
Buchlern	13.25		6:29	311	43:00	780	43:00	17.65	1:48:04	6:07	1	1:48:04	1	1:48:04
Uetliberg	6.20		7:10	297	18:53	700	18:53	23.85	2:32:33	6:23	1	2:32:33	1	2:32:33
Felsenegg	5.90		4:54	143	8:58	235	8:58	29.75	3:01:28	6:05	1	3:01:28	1	3:01:28
Buchlern	14.02		4:35	137	16:41	214	16:41	43.77	4:05:57	5:37	1	4:05:57	1	4:05:57
Hönggerberg	11.10		6:15	298	30:17	722	30:17	54.87	5:15:23	5:44	1	5:15:23	1	5:15:23
Irchel	5.10		5:25	221	10:53	415	10:53	59.97	5:43:02	5:43	1	5:43:02	1	5:43:02
Fluntern	6.34		4:45	117	8:24	178	8:24	66.31	6:13:14	5:37	1	6:13:14	1	6:13:14
Forch	11.30		4:42	111	14:35	154	14:35	77.61	7:06:29	5:29	1	7:06:29	1	7:06:29
Egg	8.75		5:31	244	16:09	505	16:09	86.36	7:54:49	5:29	1	7:54:49	1	7:54:49
Zumikon	12.99		5:26	252	23:40	496	23:40	99.35	9:05:28	5:29	1	9:05:28	1	9:05:28
Witikon	6.91		4:37	197	10:56	346	10:56	106.26	9:37:26	5:26	1	9:37:26	1	9:37:26
Fluntern	4.90		5:36	260	11:12	535	11:12	111.16	10:04:57	5:26	1	10:04:57	1	10:04:57
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Irchel	5.64		6:05	306	15:45	724	15:45	116.80	10:39:21	5:28	296	3:47:25	588	3:47:25