



38. SOLA-Stafette

Zürich / 07.05.2011

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ZHAW ICBC 1

□□: Ang.

□□: 803

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:47:01

□□: 10.76 km/h

□□□□: 5:35 min/km

□□□□□: 609 (of 790)

□□□□□□: 6:52:28

□□□□□: 293(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:14	287	11:40	683	11:40	4.40	27:29	6:14	1	27:29	1	27:29
Buchlern	13.25		5:44	304	33:05	753	33:05	17.65	1:43:35	5:52	1	1:43:35	1	1:43:35
Uetliberg	6.20		6:05	209	12:09	384	12:09	23.85	2:21:20	5:55	1	2:21:20	1	2:21:20
Felsenegg	5.90		5:41	255	13:40	561	13:40	29.75	2:54:57	5:52	1	2:54:57	1	2:54:57
Buchlern	14.02		5:32	286	29:53	650	29:53	43.77	4:12:38	5:46	1	4:12:38	1	4:12:38
Hönggerberg	11.10		6:08	292	29:03	709	29:03	54.87	5:20:50	5:50	1	5:20:50	1	5:20:50
Irchel	5.10		5:36	247	11:52	479	11:52	59.97	5:49:28	5:49	1	5:49:28	1	5:49:28
Fluntern	6.34		5:57	287	15:57	664	15:57	66.31	6:27:13	5:50	1	6:27:13	1	6:27:13
Forch	11.30		4:36	93	13:28	129	13:28	77.61	7:19:21	5:39	1	7:19:21	1	7:19:21
Egg	8.75		5:01	158	11:45	249	11:45	86.36	8:03:17	5:35	1	8:03:17	1	8:03:17
Zumikon	12.99		5:20	231	22:21	440	22:21	99.35	9:12:37	5:33	1	9:12:37	1	9:12:37
Witikon	6.91		4:19	125	8:51	208	8:51	106.26	9:42:30	5:28	1	9:42:30	1	9:42:30
Fluntern	4.90		6:29	304	15:28	727	15:28	111.16	10:14:17	5:31	1	10:14:17	1	10:14:17
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Irchel	5.64		5:48	289	14:05	666	14:05	116.80	10:47:01	5:32	300	3:55:05	628	3:55:05