



38. SOLA-Stafette

Zürich / 07.05.2011

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Han Wavel

□□: ETH
□□: 81

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:05:30

□□: 11.49 km/h
□□□□: 5:11 min/km

□□□□□: 343 (of 790)

□□□□□□: 6:52:28

□□□□□: 108(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:33	230	7:16	462	8:39	4.40	24:28	5:33	1	24:28	1	24:28
Buchlern	13.25		4:09	26	7:29	108	11:59	17.65	1:19:28	4:30	1	1:19:28	1	1:19:28
Uetliberg	6.20		6:27	280	10:53	530	14:29	23.85	1:59:33	5:00	1	1:59:33	1	1:59:33
Felsenegg	5.90		9:43	476	34:42	789	37:23	29.75	2:56:53	5:56	1	2:56:53	1	2:56:53
Buchlern	14.02		5:13	269	21:22	525	25:23	43.77	4:10:04	5:42	1	4:10:04	1	4:10:04
Hönggerberg	11.10		5:02	143	14:09	324	16:50	54.87	5:06:03	5:34	1	5:06:03	1	5:06:03
Irchel	5.10		5:09	135	7:10	310	9:30	59.97	5:32:19	5:32	1	5:32:19	1	5:32:19
Fluntern	6.34		4:19	16	3:35	64	5:40	66.31	5:59:47	5:25	1	5:59:47	1	5:59:47
Forch	11.30		5:22	231	19:14	467	22:06	77.61	7:00:33	5:25	1	7:00:33	1	7:00:33
Egg	8.75		4:48	49	8:39	160	9:53	86.36	7:42:37	5:21	1	7:42:37	1	7:42:37
Zumikon	12.99		4:13	3	1:45	38	7:54	99.35	8:37:30	5:12	1	8:37:30	1	8:37:30
Witikon	6.91		4:40	168	8:28	371	11:16	106.26	9:09:48	5:10	1	9:09:48	1	9:09:48
Fluntern	4.90		5:15	198	8:54	433	9:26	111.16	9:35:33	5:10	1	9:35:33	1	9:35:33
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:18	279	9:44	528	11:18	116.80	10:05:30	5:11	118	1:55:18	359	3:13:34