



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

Gipfelstürmer

□□: Ang.

□□: 822

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 11:15:02

□□: 10.31 km/h

□□□□: 5:50 min/km

□□□□□: 718 (of 790)

□□□□□□: 6:52:28

□□□□□: 303(of 313)

□□□□□□□: 6:52:28

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:44	256	9:25	536	9:25	4.40	25:14	5:44	1	25:14	1	25:14
Buchlern	13.25		6:03	308	37:15	771	37:15	17.65	1:45:30	5:58	1	1:45:30	1	1:45:30
Uetliberg	6.20		7:01	292	17:57	672	17:57	23.85	2:29:03	6:14	1	2:29:03	1	2:29:03
Felsenegg	5.90		5:03	173	9:55	306	9:55	29.75	2:58:55	6:00	1	2:58:55	1	2:58:55
Buchlern	14.02		5:25	280	28:10	612	28:10	43.77	4:14:53	5:49	1	4:14:53	1	4:14:53
Hönggerberg	11.10		4:55	155	15:27	269	15:27	54.87	5:09:29	5:38	1	5:09:29	1	5:09:29
Irchel	5.10		8:24	312	26:07	782	26:07	59.97	5:52:22	5:52	1	5:52:22	1	5:52:22
Fluntern	6.34		6:21	303	18:28	735	18:28	66.31	6:32:38	5:55	1	6:32:38	1	6:32:38
Forch	11.30		6:13	303	31:42	719	31:42	77.61	7:43:00	5:57	1	7:43:00	1	7:43:00
Egg	8.75		5:17	208	14:05	381	14:05	86.36	8:29:16	5:53	1	8:29:16	1	8:29:16
Zumikon	12.99		5:42	278	27:04	592	27:04	99.35	9:43:19	5:52	1	9:43:19	1	9:43:19
Witikon	6.91		4:44	219	11:44	413	11:44	106.26	10:16:05	5:47	1	10:16:05	1	10:16:05
Fluntern	4.90		5:22	249	10:00	465	10:00	111.16	10:42:24	5:46	1	10:42:24	1	10:42:24
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:47	288	13:59	662	13:59	116.80	11:15:02	5:46	311	4:23:06	738	4:23:06