



# 38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

## SW SPIRIT Schellenberg Wittmer Ranwältel 10:56:57

□□: Alumni

□□: 10.59 km/h

□□: 327

□□□□: 5:37 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 656 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 361 (of 477)

Langsame

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	125	5:34	290	6:57	4.40	22:46	5:10	1	22:46	1	22:46
Buchlern	13.25		5:06	334	20:12	612	24:42	17.65	1:30:29	5:07	1	1:30:29	1	1:30:29
Uetliberg	6.20		5:54	126	7:27	306	11:03	23.85	2:07:08	5:19	1	2:07:08	1	2:07:08
Felsenegg	5.90		6:34	433	16:07	735	18:48	29.75	2:45:53	5:34	1	2:45:53	1	2:45:53
Buchlern	14.02		4:58	191	17:49	410	21:50	43.77	3:55:31	5:22	1	3:55:31	1	3:55:31
Hönggerberg	11.10		4:56	118	13:00	277	15:41	54.87	4:50:21	5:17	1	4:50:21	1	4:50:21
Irchel	5.10		4:37	43	4:27	130	6:47	59.97	5:13:54	5:14	1	5:13:54	1	5:13:54
Fluntern	6.34		6:03	393	14:32	688	16:37	66.31	5:52:19	5:18	1	5:52:19	1	5:52:19
Forch	11.30		6:11	414	28:22	716	31:14	77.61	7:02:13	5:26	1	7:02:13	1	7:02:13
Egg	8.75		5:18	182	13:00	392	14:14	86.36	7:48:38	5:25	1	7:48:38	1	7:48:38
Zumikon	12.99		6:32	444	31:54	750	38:03	99.35	9:13:40	5:34	1	9:13:40	1	9:13:40
Witikon	6.91		5:57	433	17:23	736	20:11	106.26	9:54:53	5:35	1	9:54:53	1	9:54:53
Fluntern	4.90		6:20	413	14:15	711	14:47	111.16	10:25:59	5:37	1	10:25:59	1	10:25:59
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:29	318	10:45	583	12:19	116.80	10:56:57	5:37	373	2:46:45	675	4:05:01