



38. SOLA-Stafette

Zürich / 07.05.2011

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Ärzte an ihren Grenzen

□□: UNI

□□: 8

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:47:15

□□: 10.75 km/h

□□□□: 5:32 min/km

□□□□□: 611 (of 790)

□□□□□□: 6:52:28

□□□□□: 317(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:30	426	11:24	726	12:47	4.40	28:36	6:30	1	28:36	1	28:36
Buchlern	13.25		5:17	383	22:35	670	27:05	17.65	1:38:42	5:35	1	1:38:42	1	1:38:42
Uetliberg	6.20		6:08	189	8:51	408	12:27	23.85	2:16:45	5:44	1	2:16:45	1	2:16:45
Felsenegg	5.90		6:08	401	13:34	692	16:15	29.75	2:52:57	5:48	1	2:52:57	1	2:52:57
Buchlern	14.02		6:48	469	43:41	779	47:42	43.77	4:28:27	6:07	1	4:28:27	1	4:28:27
Hönggerberg	11.10		5:34	303	19:58	561	22:39	54.87	5:30:15	6:01	1	5:30:15	1	5:30:15
Irchel	5.10		5:23	186	8:22	399	10:42	59.97	5:57:43	5:57	1	5:57:43	1	5:57:43
Fluntern	6.34		5:32	305	11:12	569	13:17	66.31	6:32:48	5:55	1	6:32:48	1	6:32:48
Forch	11.30		4:42	43	11:37	151	14:29	77.61	7:25:57	5:44	1	7:25:57	1	7:25:57
Egg	8.75		5:14	156	12:29	356	13:43	86.36	8:11:51	5:41	1	8:11:51	1	8:11:51
Zumikon	12.99		4:56	89	11:07	253	17:16	99.35	9:16:06	5:35	1	9:16:06	1	9:16:06
Witikon	6.91		5:19	356	12:56	635	15:44	106.26	9:52:52	5:34	1	9:52:52	1	9:52:52
Fluntern	4.90		5:15	199	8:56	435	9:28	111.16	10:18:39	5:33	1	10:18:39	1	10:18:39
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Irchel	5.64		5:04	206	8:23	415	9:57	116.80	10:47:15	5:32	329	2:37:03	630	3:55:19