



38. SOLA-Stafette

Zürich / 07.05.2011

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i FAMigerati

□□: ETH

□□: 84

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:37:32

□□: 12.05 km/h

□□□□: 4:56 min/km

□□□□□: 171 (of 790)

□□□□□□: 6:52:28

□□□□□: 21(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:53	58	4:20	158	5:43	4.40	21:32	4:53	1	21:32	1	21:32
Buchlern	13.25		5:24	405	24:07	697	28:37	17.65	1:33:10	5:16	1	1:33:10	1	1:33:10
Uetliberg	6.20		5:11	19	2:59	71	6:35	23.85	2:05:21	5:15	1	2:05:21	1	2:05:21
Felsenegg	5.90		5:11	159	8:00	350	10:41	29.75	2:35:59	5:14	1	2:35:59	1	2:35:59
Buchlern	14.02		4:59	201	18:12	425	22:13	43.77	3:46:00	5:09	1	3:46:00	1	3:46:00
Hönggerberg	11.10		4:37	56	9:35	149	12:16	54.87	4:37:25	5:03	1	4:37:25	1	4:37:25
Irchel	5.10		4:03	8	1:35	33	3:55	59.97	4:58:06	4:58	1	4:58:06	1	4:58:06
Fluntern	6.34		4:31	38	4:51	119	6:56	66.31	5:26:50	4:55	1	5:26:50	1	5:26:50
Forch	11.30		4:36	35	10:30	125	13:22	77.61	6:18:52	4:52	1	6:18:52	1	6:18:52
Egg	8.75		5:02	105	10:46	270	12:00	86.36	7:03:03	4:53	1	7:03:03	1	7:03:03
Zumikon	12.99		5:45	334	21:41	620	27:50	99.35	8:17:52	5:00	1	8:17:52	1	8:17:52
Witikon	6.91		4:35	140	7:56	326	10:44	106.26	8:49:38	4:59	1	8:49:38	1	8:49:38
Fluntern	4.90		4:44	76	6:21	228	6:53	111.16	9:12:50	4:58	1	9:12:50	1	9:12:50
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:22	40	4:29	112	6:03	116.80	9:37:32	4:56	27	1:27:20	181	2:45:36