



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Kaefeli und Schnaepsli

□□: ETH  
□□: 89

□□: 116.80 km  
Sola-Stafette

□□□□:  
Langsame

□□□: 10:16:46

□□: 11.28 km/h  
□□□□: 5:16 min/km

□□□□□: 412 (of 790)

□□□□□□: 6:52:28

□□□□□: 152 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:34	234	7:19	467	8:42	4.40	24:31	5:34	1	24:31	1	24:31
Buchlern	13.25		4:28	100	11:52	263	16:22	17.65	1:23:54	4:45	1	1:23:54	1	1:23:54
Uetliberg	6.20		6:02	167	8:18	371	11:54	23.85	2:01:24	5:05	1	2:01:24	1	2:01:24
Felsenegg	5.90		4:48	74	5:47	192	8:28	29.75	2:29:49	5:02	1	2:29:49	1	2:29:49
Buchlern	14.02		5:14	277	21:37	538	25:38	43.77	3:43:15	5:06	1	3:43:15	1	3:43:15
Hönggerberg	11.10		5:47	361	22:26	639	25:07	54.87	4:47:31	5:14	1	4:47:31	1	4:47:31
Irchel	5.10		5:05	117	6:51	285	9:11	59.97	5:13:28	5:13	1	5:13:28	1	5:13:28
Fluntern	6.34		5:12	188	9:07	412	11:12	66.31	5:46:28	5:13	1	5:46:28	1	5:46:28
Forch	11.30		5:25	253	19:50	496	22:42	77.61	6:47:50	5:15	1	6:47:50	1	6:47:50
Egg	8.75		5:29	250	14:39	491	15:53	86.36	7:35:54	5:16	1	7:35:54	1	7:35:54
Zumikon	12.99		5:54	374	23:39	667	29:48	99.35	8:52:41	5:21	1	8:52:41	1	8:52:41
Witikon	6.91		4:36	145	8:04	339	10:52	106.26	9:24:35	5:18	1	9:24:35	1	9:24:35
Fluntern	4.90		5:01	143	7:46	346	8:18	111.16	9:49:12	5:18	1	9:49:12	1	9:49:12
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Irchel	5.64		4:53	153	7:21	334	8:55	116.80	10:16:46	5:16	163	2:06:34	429	3:24:50