



38. SOLA-Stafette

Zürich / 07.05.2011

□□□□

LACK of oxygen

□□: ETH

□□: 92

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:52:29

□□: 11.75 km/h

□□□□: 5:04 min/km

□□□□□: 248 (of 790)

□□□□□□: 6:52:28

□□□□□: 53(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:07	106	5:19	264	6:42	4.40	22:31	5:07	1	22:31	1	22:31
Buchlern	13.25		4:57	289	18:10	550	22:40	17.65	1:28:12	4:59	1	1:28:12	1	1:28:12
Uetliberg	6.20		6:15	223	9:37	452	13:13	23.85	2:07:01	5:19	1	2:07:01	1	2:07:01
Felsenegg	5.90		5:00	119	6:55	282	9:36	29.75	2:36:34	5:15	1	2:36:34	1	2:36:34
Buchlern	14.02		5:13	271	21:26	529	25:27	43.77	3:49:49	5:15	1	3:49:49	1	3:49:49
Hönggerberg	11.10		3:46	1	-	7	2:41	54.87	4:31:39	4:57	1	4:31:39	1	4:31:39
Irchel	5.10		3:44	1	-	7	2:20	59.97	4:50:45	4:50	1	4:50:45	1	4:50:45
Fluntern	6.34		5:06	153	8:28	349	10:33	66.31	5:23:06	4:52	1	5:23:06	1	5:23:06
Forch	11.30		5:45	340	23:32	623	26:24	77.61	6:28:10	5:00	1	6:28:10	1	6:28:10
Egg	8.75		5:23	213	13:44	442	14:58	86.36	7:15:19	5:02	1	7:15:19	1	7:15:19
Zumikon	12.99		5:27	249	17:40	504	23:49	99.35	8:26:07	5:05	1	8:26:07	1	8:26:07
Witikon	6.91		4:38	153	8:11	351	10:59	106.26	8:58:08	5:03	1	8:58:08	1	8:58:08
Fluntern	4.90		5:29	243	10:05	497	10:37	111.16	9:25:04	5:05	1	9:25:04	1	9:25:04
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:51	148	7:12	325	8:46	116.80	9:52:29	5:04	61	1:42:17	262	3:00:33