



38. SOLA-Stafette

Zürich / 07.05.2011

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LSZ

□□: ETH
□□: 96

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:26:42

□□: 12.28 km/h
□□□□: 4:51 min/km

□□□□□: 128 (of 790)

□□□□□□: 6:52:28

□□□□□: 9(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	136	5:42	308	7:05	4.40	22:54	5:12	1	22:54	1	22:54
Buchlern	13.25		4:50	239	16:36	481	21:06	17.65	1:27:01	4:55	1	1:27:01	1	1:27:01
Uetliberg	6.20		5:09	15	2:47	62	6:23	23.85	1:59:00	4:59	1	1:59:00	1	1:59:00
Felsenegg	5.90		4:40	47	4:56	134	7:37	29.75	2:26:34	4:55	1	2:26:34	1	2:26:34
Buchlern	14.02		4:21	36	9:18	128	13:19	43.77	3:27:41	4:44	1	3:27:41	1	3:27:41
Hönggerberg	11.10		4:41	63	10:12	165	12:53	54.87	4:19:43	4:43	1	4:19:43	1	4:19:43
Irchel	5.10		4:32	36	4:06	109	6:26	59.97	4:42:55	4:43	1	4:42:55	1	4:42:55
Fluntern	6.34		4:07	5	2:15	32	4:20	66.31	5:09:03	4:39	1	5:09:03	1	5:09:03
Forch	11.30		5:30	275	20:41	529	23:33	77.61	6:11:16	4:47	1	6:11:16	1	6:11:16
Egg	8.75		4:53	67	9:19	193	10:33	86.36	6:54:00	4:47	1	6:54:00	1	6:54:00
Zumikon	12.99		5:14	179	14:53	395	21:02	99.35	8:02:01	4:51	1	8:02:01	1	8:02:01
Witikon	6.91		5:15	338	12:30	609	15:18	106.26	8:38:21	4:52	1	8:38:21	1	8:38:21
Fluntern	4.90		4:42	71	6:14	221	6:46	111.16	9:01:26	4:52	1	9:01:26	1	9:01:26
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Irchel	5.64		4:28	56	5:03	151	6:37	116.80	9:26:42	4:51	13	1:16:30	135	2:34:46