



38. SOLA-Stafette

Zürich / 07.05.2011

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LTNT

□□: ETH
□□: 97

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:45:26

□□: 10.86 km/h
□□□□: 5:31 min/km

□□□□□: 600 (of 790)

□□□□□□: 6:52:28

□□□□□: 308(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:25	468	15:29	779	16:52	4.40	32:41	7:25	1	32:41	1	32:41
Buchlern	13.25		3:59	11	5:19	65	9:49	17.65	1:25:31	4:50	1	1:25:31	1	1:25:31
Uetliberg	6.20		6:07	182	8:46	400	12:22	23.85	2:03:29	5:10	1	2:03:29	1	2:03:29
Felsenegg	5.90		4:55	103	6:27	254	9:08	29.75	2:32:34	5:07	1	2:32:34	1	2:32:34
Buchlern	14.02		7:15	473	49:56	785	53:57	43.77	4:14:19	5:48	1	4:14:19	1	4:14:19
Hönggerberg	11.10		4:33	44	8:43	116	11:24	54.87	5:04:52	5:33	1	5:04:52	1	5:04:52
Irchel	5.10		6:44	429	15:15	728	17:35	59.97	5:39:13	5:39	1	5:39:13	1	5:39:13
Fluntern	6.34		4:31	37	4:49	118	6:54	66.31	6:07:55	5:32	1	6:07:55	1	6:07:55
Forch	11.30		5:47	347	23:50	632	26:42	77.61	7:13:17	5:34	1	7:13:17	1	7:13:17
Egg	8.75		5:17	173	12:50	380	14:04	86.36	7:59:32	5:33	1	7:59:32	1	7:59:32
Zumikon	12.99		5:50	356	22:43	646	28:52	99.35	9:15:23	5:35	1	9:15:23	1	9:15:23
Witikon	6.91		4:29	117	7:11	282	9:59	106.26	9:46:24	5:31	1	9:46:24	1	9:46:24
Fluntern	4.90		4:46	81	6:35	243	7:07	111.16	10:09:50	5:29	1	10:09:50	1	10:09:50
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Irchel	5.64		6:18	437	15:23	746	16:57	116.80	10:45:26	5:31	320	2:35:14	619	3:53:30