



38. SOLA-Stafette

Zürich / 07.05.2011

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mitNina

□□: ETH
□□: 99

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:47:57

□□: 10.82 km/h
□□□□: 5:32 min/km

□□□□□: 613 (of 790)

□□□□□□: 6:52:28

□□□□□: 319(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:03	92	5:04	233	6:27	4.40	22:16	5:03	1	22:16	1	22:16
Buchlern	13.25		4:31	117	12:22	291	16:52	17.65	1:22:09	4:39	1	1:22:09	1	1:22:09
Uetliberg	6.20		6:30	292	11:12	547	14:48	23.85	2:02:33	5:08	1	2:02:33	1	2:02:33
Felsenegg	5.90		8:06	474	25:10	787	27:51	29.75	2:50:21	5:43	1	2:50:21	1	2:50:21
Buchlern	14.02		5:10	255	20:41	504	24:42	43.77	4:02:51	5:32	1	4:02:51	1	4:02:51
Hönggerberg	11.10		6:04	413	25:40	703	28:21	54.87	5:10:21	5:39	1	5:10:21	1	5:10:21
Irchel	5.10		6:33	404	14:22	703	16:42	59.97	5:43:49	5:43	1	5:43:49	1	5:43:49
Fluntern	6.34		5:16	217	9:34	451	11:39	66.31	6:17:16	5:41	1	6:17:16	1	6:17:16
Forch	11.30		5:52	371	24:52	662	27:44	77.61	7:23:40	5:42	1	7:23:40	1	7:23:40
Egg	8.75		5:16	171	12:48	377	14:02	86.36	8:09:53	5:40	1	8:09:53	1	8:09:53
Zumikon	12.99		5:13	170	14:38	384	20:47	99.35	9:17:39	5:36	1	9:17:39	1	9:17:39
Witikon	6.91		4:32	134	7:34	309	10:22	106.26	9:49:03	5:32	1	9:49:03	1	9:49:03
Fluntern	4.90		6:20	411	14:13	709	14:45	111.16	10:20:07	5:34	1	10:20:07	1	10:20:07
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:56	165	7:37	354	9:11	116.80	10:47:57	5:32	331	2:37:45	632	3:56:01