



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Beat it

□□: Ang.

□□: 383

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:06:37

□□: 11.55 km/h

□□□□: 5:11 min/km

□□□□□: 351 (of 790)

□□□□□□: 6:52:28

□□□□□: 114(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:23	183	6:30	385	7:53	4.40	23:42	5:23	1	23:42	1	23:42
Buchlern	13.25		4:14	40	8:42	146	13:12	17.65	1:19:55	4:31	1	1:19:55	1	1:19:55
Uetliberg	6.20		6:55	359	13:46	650	17:22	23.85	2:02:53	5:09	1	2:02:53	1	2:02:53
Felsenegg	5.90		5:29	242	9:46	472	12:27	29.75	2:35:17	5:13	1	2:35:17	1	2:35:17
Buchlern	14.02		4:29	56	11:10	170	15:11	43.77	3:38:16	4:59	1	3:38:16	1	3:38:16
Hönggerberg	11.10		5:15	203	16:32	421	19:13	54.87	4:36:38	5:02	1	4:36:38	1	4:36:38
Irchel	5.10		5:30	211	8:58	444	11:18	59.97	5:04:42	5:04	1	5:04:42	1	5:04:42
Fluntern	6.34		5:44	340	12:34	620	14:39	66.31	5:41:09	5:08	1	5:41:09	1	5:41:09
Forch	11.30		5:04	132	15:47	313	18:39	77.61	6:38:28	5:08	1	6:38:28	1	6:38:28
Egg	8.75		5:18	182	13:00	392	14:14	86.36	7:24:53	5:09	1	7:24:53	1	7:24:53
Zumikon	12.99		4:40	45	7:31	157	13:40	99.35	8:25:32	5:05	1	8:25:32	1	8:25:32
Witikon	6.91		4:44	195	8:58	414	11:46	106.26	8:58:20	5:03	1	8:58:20	1	8:58:20
Fluntern	4.90		6:18	403	14:02	700	14:34	111.16	9:29:13	5:07	1	9:29:13	1	9:29:13
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:37	453	17:11	763	18:45	116.80	10:06:37	5:11	124	1:56:25	368	3:14:41