



38. SOLA-Stafette

Zürich / 07.05.2011

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HSG Frisch & Jung

□□: Ang.

□□: 777

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:57:14

□□: 11.73 km/h

□□□□: 5:09 min/km

□□□□□: 282 (of 790)

□□□□□□: 6:52:28

□□□□□: 212 (of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:19	295	12:02	702	12:02	4.40	27:51	6:19	1	27:51	1	27:51
Buchlern	13.25		5:16	287	26:52	665	26:52	17.65	1:37:44	5:32	1	1:37:44	1	1:37:44
Uetliberg	6.20		5:58	194	11:27	339	11:27	23.85	2:14:47	5:39	1	2:14:47	1	2:14:47
Felsenegg	5.90		4:54	147	9:00	242	9:00	29.75	2:43:44	5:30	1	2:43:44	1	2:43:44
Buchlern	14.02		5:20	269	27:05	572	27:05	43.77	3:58:37	5:27	1	3:58:37	1	3:58:37
Hönggerberg	11.10		4:29	63	10:41	98	10:41	54.87	4:48:27	5:15	1	4:48:27	1	4:48:27
Irchel	5.10		4:29	69	6:07	98	6:07	59.97	5:11:20	5:11	1	5:11:20	1	5:11:20
Fluntern	6.34		5:16	233	11:37	447	11:37	66.31	5:44:45	5:11	1	5:44:45	1	5:44:45
Forch	11.30		4:50	135	16:07	199	16:07	77.61	6:39:32	5:08	1	6:39:32	1	6:39:32
Egg	8.75		4:55	134	10:55	207	10:55	86.36	7:22:38	5:07	1	7:22:38	1	7:22:38
Zumikon	12.99		5:47	289	28:21	636	28:21	99.35	8:37:58	5:12	1	8:37:58	1	8:37:58
Witikon	6.91		4:35	187	10:44	326	10:44	106.26	9:09:44	5:10	1	9:09:44	1	9:09:44
Fluntern	4.90		4:32	115	5:57	166	5:57	111.16	9:32:00	5:08	1	9:32:00	1	9:32:00
□□□	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Irchel	-	fehlt!	-	-	-	-	-	116.80	-	-	218	-	297	-