



38. SOLA-Stafette

Zürich / 07.05.2011

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The Flashes

□□: ETH

□□: 123

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:10:49

□□: 11.39 km/h

□□□□: 5:13 min/km

□□□□□: 380 (of 790)

□□□□□□: 6:52:28

□□□□□: 131(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:27	203	6:47	414	8:10	4.40	23:59	5:27	1	23:59	1	23:59
Buchlern	13.25		4:38	148	13:53	353	18:23	17.65	1:25:23	4:50	1	1:25:23	1	1:25:23
Uetliberg	6.20		7:01	381	14:23	674	17:59	23.85	2:08:58	5:24	1	2:08:58	1	2:08:58
Felsenegg	5.90		5:19	193	8:47	403	11:28	29.75	2:40:23	5:23	1	2:40:23	1	2:40:23
Buchlern	14.02		5:23	324	23:49	600	27:50	43.77	3:56:01	5:23	1	3:56:01	1	3:56:01
Hönggerberg	11.10		4:45	78	11:00	203	13:41	54.87	4:48:51	5:15	1	4:48:51	1	4:48:51
Irchel	5.10		4:13	14	2:29	51	4:49	59.97	5:10:26	5:10	1	5:10:26	1	5:10:26
Fluntern	6.34		5:58	380	13:57	667	16:02	66.31	5:48:16	5:15	1	5:48:16	1	5:48:16
Forch	11.30		5:46	344	23:45	628	26:37	77.61	6:53:33	5:19	1	6:53:33	1	6:53:33
Egg	8.75		6:19	426	21:54	726	23:08	86.36	7:48:52	5:25	1	7:48:52	1	7:48:52
Zumikon	12.99		4:37	38	7:02	140	13:11	99.35	8:49:02	5:19	1	8:49:02	1	8:49:02
Witikon	6.91		4:56	265	10:20	510	13:08	106.26	9:23:12	5:18	1	9:23:12	1	9:23:12
Fluntern	4.90		4:14	23	3:56	85	4:28	111.16	9:43:59	5:15	1	9:43:59	1	9:43:59
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Irchel	5.64		4:45	120	6:37	275	8:11	116.80	10:10:49	5:13	142	2:00:37	397	3:18:53