



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## I potentissimi maghi africani

□□: FH

□□: 136

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:26:23

□□: 11.19 km/h

□□□□: 5:21 min/km

□□□□□: 482 (of 790)

□□□□□□: 6:52:28

□□□□□: 208(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:15	151	5:57	331	7:20	4.40	23:09	5:15	1	23:09	1	23:09
Buchlern	13.25		5:29	419	25:11	715	29:41	17.65	1:35:51	5:25	1	1:35:51	1	1:35:51
Uetliberg	6.20		5:53	117	7:17	290	10:53	23.85	2:12:20	5:32	1	2:12:20	1	2:12:20
Felsenegg	5.90		5:07	142	7:36	323	10:17	29.75	2:42:34	5:27	1	2:42:34	1	2:42:34
Buchlern	14.02		5:13	272	21:28	530	25:29	43.77	3:55:51	5:23	1	3:55:51	1	3:55:51
Hönggerberg	11.10		4:40	62	10:07	161	12:48	54.87	4:47:48	5:14	1	4:47:48	1	4:47:48
Irchel	5.10		5:54	304	11:03	577	13:23	59.97	5:17:57	5:18	1	5:17:57	1	5:17:57
Fluntern	6.34		6:06	406	14:50	702	16:55	66.31	5:56:40	5:22	1	5:56:40	1	5:56:40
Forch	11.30		5:51	363	24:38	654	27:30	77.61	7:02:50	5:26	1	7:02:50	1	7:02:50
Egg	8.75		5:44	322	16:47	596	18:01	86.36	7:53:02	5:28	1	7:53:02	1	7:53:02
Zumikon	12.99		4:30	25	5:26	93	11:35	99.35	8:51:36	5:21	1	8:51:36	1	8:51:36
Witikon	6.91		5:28	386	13:57	672	16:45	106.26	9:29:23	5:21	1	9:29:23	1	9:29:23
Fluntern	4.90		5:54	342	12:06	622	12:38	111.16	9:58:20	5:22	1	9:58:20	1	9:58:20
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Irchel	5.64		4:58	180	7:50	376	9:24	116.80	10:26:23	5:21	219	2:16:11	500	3:34:27