



38. SOLA-Stafette

Zürich / 07.05.2011

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ksh-selection

□□: FH
□□: 137

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:28:50

□□: 11.14 km/h
□□□□: 5:23 min/km

□□□□□: 504 (of 790)

□□□□□□: 6:52:28

□□□□□: 226(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	125	5:34	290	6:57	4.40	22:46	5:10	1	22:46	1	22:46
Buchlern	13.25		5:51	457	30:00	761	34:30	17.65	1:40:17	5:40	1	1:40:17	1	1:40:17
Uetliberg	6.20		5:28	44	4:44	135	8:20	23.85	2:14:13	5:37	1	2:14:13	1	2:14:13
Felsenegg	5.90		4:21	13	3:06	58	5:47	29.75	2:39:57	5:22	1	2:39:57	1	2:39:57
Buchlern	14.02		4:53	165	16:48	370	20:49	43.77	3:48:34	5:13	1	3:48:34	1	3:48:34
Hönggerberg	11.10		5:36	312	20:26	574	23:07	54.87	4:50:50	5:18	1	4:50:50	1	4:50:50
Irchel	5.10		5:43	260	10:04	513	12:24	59.97	5:20:00	5:20	1	5:20:00	1	5:20:00
Fluntern	6.34		5:27	286	10:46	540	12:51	66.31	5:54:39	5:20	1	5:54:39	1	5:54:39
Forch	11.30		5:28	268	20:22	518	23:14	77.61	6:56:33	5:22	1	6:56:33	1	6:56:33
Egg	8.75		5:18	180	12:58	389	14:12	86.36	7:42:56	5:21	1	7:42:56	1	7:42:56
Zumikon	12.99		5:24	232	17:09	477	23:18	99.35	8:53:13	5:22	1	8:53:13	1	8:53:13
Witikon	6.91		6:16	453	19:35	759	22:23	106.26	9:36:38	5:25	1	9:36:38	1	9:36:38
Fluntern	4.90		4:12	18	3:47	74	4:19	111.16	9:57:16	5:22	1	9:57:16	1	9:57:16
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:35	341	11:21	615	12:55	116.80	10:28:50	5:23	237	2:18:38	522	3:36:54