



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## RUN FOR FUN

□□: FH

□□: 140

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:04:46

□□: 10.47 km/h

□□□□: 5:41 min/km

□□□□□: 692 (of 790)

□□□□□□: 6:52:28

□□□□□: 393(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:25	415	11:06	713	12:29	4.40	28:18	6:25	1	28:18	1	28:18
Buchlern	13.25		4:26	89	11:26	245	15:56	17.65	1:27:15	4:56	1	1:27:15	1	1:27:15
Uetliberg	6.20		6:56	365	13:52	656	17:28	23.85	2:10:19	5:27	1	2:10:19	1	2:10:19
Felsenegg	5.90		4:55	100	6:23	249	9:04	29.75	2:39:20	5:21	1	2:39:20	1	2:39:20
Buchlern	14.02		4:52	157	16:30	357	20:31	43.77	3:47:39	5:12	1	3:47:39	1	3:47:39
Hönggerberg	11.10		5:24	248	18:17	488	20:58	54.87	4:47:46	5:14	1	4:47:46	1	4:47:46
Irchel	5.10		6:00	325	11:32	604	13:52	59.97	5:18:24	5:18	1	5:18:24	1	5:18:24
Fluntern	6.34		4:56	107	7:28	268	9:33	66.31	5:49:45	5:16	1	5:49:45	1	5:49:45
Forch	11.30		4:49	61	13:01	192	15:53	77.61	6:44:18	5:12	1	6:44:18	1	6:44:18
Egg	8.75		4:45	42	8:17	144	9:31	86.36	7:26:00	5:09	1	7:26:00	1	7:26:00
Zumikon	12.99		5:43	324	21:20	608	27:29	99.35	8:40:28	5:14	1	8:40:28	1	8:40:28
Witikon	6.91		12:41	477	1:03:53	788	1:06:41	106.26	10:08:11	5:43	1	10:08:11	1	10:08:11
Fluntern	4.90		5:51	334	11:52	610	12:24	111.16	10:36:54	5:43	1	10:36:54	1	10:36:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:56	168	7:39	359	9:13	116.80	11:04:46	5:41	405	2:54:34	711	4:12:50