



38. SOLA-Stafette

Zürich / 07.05.2011

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GIRunners

□□: UNI
□□: 21

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:25:15

□□: 11.21 km/h
□□□□: 5:21 min/km

□□□□□: 476 (of 790)

□□□□□□: 6:52:28

□□□□□: 202(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:31	471	15:56	782	17:19	4.40	33:08	7:31	1	33:08	1	33:08
Buchlern	13.25		4:14	38	8:40	143	13:10	17.65	1:29:19	5:03	1	1:29:19	1	1:29:19
Uetliberg	6.20		6:22	252	10:20	491	13:56	23.85	2:08:51	5:24	1	2:08:51	1	2:08:51
Felsenegg	5.90		6:17	413	14:28	708	17:09	29.75	2:45:57	5:34	1	2:45:57	1	2:45:57
Buchlern	14.02		4:26	52	10:30	156	14:31	43.77	3:48:16	5:12	1	3:48:16	1	3:48:16
Hönggerberg	11.10		5:03	150	14:20	333	17:01	54.87	4:44:26	5:11	1	4:44:26	1	4:44:26
Irchel	5.10		4:40	55	4:47	157	7:07	59.97	5:08:19	5:08	1	5:08:19	1	5:08:19
Fluntern	6.34		6:15	424	15:45	726	17:50	66.31	5:47:57	5:14	1	5:47:57	1	5:47:57
Forch	11.30		5:42	322	22:55	601	25:47	77.61	6:52:24	5:18	1	6:52:24	1	6:52:24
Egg	8.75		5:28	244	14:32	485	15:46	86.36	7:40:21	5:19	1	7:40:21	1	7:40:21
Zumikon	12.99		6:01	391	25:02	692	31:11	99.35	8:58:31	5:25	1	8:58:31	1	8:58:31
Witikon	6.91		4:46	203	9:07	426	11:55	106.26	9:31:28	5:22	1	9:31:28	1	9:31:28
Fluntern	4.90		4:55	113	7:19	300	7:51	111.16	9:55:38	5:21	1	9:55:38	1	9:55:38
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:15	260	9:24	498	10:58	116.80	10:25:15	5:21	213	2:15:03	494	3:33:19