



38. SOLA-Stafette

Zürich / 07.05.2011

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IEU WARRIORS

□□: UNI
□□: 28

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:39:48

□□: 12.00 km/h
□□□□: 4:57 min/km

□□□□□: 186 (of 790)

□□□□□□: 6:52:28

□□□□□: 24(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	221	7:07	450	8:30	4.40	24:19	5:31	1	24:19	1	24:19
Buchlern	13.25		4:51	253	16:55	500	21:25	17.65	1:28:45	5:01	1	1:28:45	1	1:28:45
Uetliberg	6.20		6:04	172	8:26	378	12:02	23.85	2:06:23	5:17	1	2:06:23	1	2:06:23
Felsenegg	5.90		5:38	286	10:37	537	13:18	29.75	2:39:38	5:21	1	2:39:38	1	2:39:38
Buchlern	14.02		4:36	78	12:46	216	16:47	43.77	3:44:13	5:07	1	3:44:13	1	3:44:13
Hönggerberg	11.10		5:13	196	16:10	411	18:51	54.87	4:42:13	5:08	1	4:42:13	1	4:42:13
Irchel	5.10		4:39	52	4:40	148	7:00	59.97	5:05:59	5:06	1	5:05:59	1	5:05:59
Fluntern	6.34		5:24	268	10:22	519	12:27	66.31	5:40:14	5:07	1	5:40:14	1	5:40:14
Forch	11.30		4:50	65	13:16	200	16:08	77.61	6:35:02	5:05	1	6:35:02	1	6:35:02
Egg	8.75		4:08	4	2:51	24	4:05	86.36	7:11:18	4:59	1	7:11:18	1	7:11:18
Zumikon	12.99		4:49	71	9:36	214	15:45	99.35	8:14:02	4:58	1	8:14:02	1	8:14:02
Witikon	6.91		5:02	291	10:57	545	13:45	106.26	8:48:49	4:58	1	8:48:49	1	8:48:49
Fluntern	4.90		4:10	16	3:38	70	4:10	111.16	9:09:18	4:56	1	9:09:18	1	9:09:18
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Irchel	5.64		5:24	305	10:17	560	11:51	116.80	9:39:48	4:57	30	1:29:36	196	2:47:52