



38. SOLA-Stafette

Zürich / 07.05.2011

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Intensivstudium KMU

□□: UNI
□□: 30

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:19:38

□□: 11.23 km/h
□□□□: 5:18 min/km

□□□□□: 437 (of 790)

□□□□□□: 6:52:28

□□□□□: 173(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:56	335	8:58	602	10:21	4.40	26:10	5:56	1	26:10	1	26:10
Buchlern	13.25		4:47	221	15:52	455	20:22	17.65	1:29:33	5:04	1	1:29:33	1	1:29:33
Uetliberg	6.20		9:03	470	26:59	780	30:35	23.85	2:25:44	6:06	1	2:25:44	1	2:25:44
Felsenegg	5.90		5:54	349	12:11	627	14:52	29.75	3:00:33	6:04	1	3:00:33	1	3:00:33
Buchlern	14.02		5:20	304	23:05	573	27:06	43.77	4:15:27	5:50	1	4:15:27	1	4:15:27
Hönggerberg	11.10		4:43	69	10:36	183	13:17	54.87	5:07:53	5:36	1	5:07:53	1	5:07:53
Irchel	5.10		4:48	74	5:26	197	7:46	59.97	5:32:25	5:32	1	5:32:25	1	5:32:25
Fluntern	6.34		5:05	149	8:23	343	10:28	66.31	6:04:41	5:29	1	6:04:41	1	6:04:41
Forch	11.30		5:03	127	15:37	305	18:29	77.61	7:01:50	5:26	1	7:01:50	1	7:01:50
Egg	8.75		5:02	104	10:45	268	11:59	86.36	7:46:00	5:23	1	7:46:00	1	7:46:00
Zumikon	12.99		5:07	135	13:21	335	19:30	99.35	8:52:29	5:21	1	8:52:29	1	8:52:29
Witikon	6.91		4:53	244	9:59	485	12:47	106.26	9:26:18	5:19	1	9:26:18	1	9:26:18
Fluntern	4.90		5:18	209	9:12	451	9:44	111.16	9:52:21	5:19	1	9:52:21	1	9:52:21
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Irchel	5.64		4:50	143	7:04	312	8:38	116.80	10:19:38	5:18	184	2:09:26	455	3:27:42