38. SOLA-Stafette

Zürich / 07.05.2011

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AD-Runners

□□: Ang.
□□: 376

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:35:39

□□: 10.07 km/h
□□□□: 5:57 min/km

□□□□□: 754 (of 790)

□□□□□□: 6:52:28

□□□□□: 449(of 477)

□□□□□□□: 8:43:10

□□□□ □□□□ □□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□[	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□[	□□ □□□
Hönggerberg	4.40		7:28	470	15:43	781	17:06	4.40	32:55	7:28	1	32:55	1	32:55
Buchlern	13.25		5:42	447	28:07	749	32:37	17.65	1:48:33	6:09	1	1:48:33	1	1:48:33
Uetliberg	6.20		6:20	245	10:09	482	13:45	23.85	2:27:54	6:12	1	2:27:54	1	2:27:54
Felsenegg	5.90		6:45	447	17:16	755	19:57	29.75	3:07:48	6:18	1	3:07:48	1	3:07:48
Buchlern	14.02		5:10	256	20:42	505	24:43	43.77	4:20:19	5:56	1	4:20:19	1	4:20:19
Hönggerberg	11.10		5:53	380	23:37	663	26:18	54.87	5:25:46	5:56	1	5:25:46	1	5:25:46
Irchel	5.10		6:25	390	13:42	688	16:02	59.97	5:58:34	5:58	1	5:58:34	1	5:58:34
Fluntern	6.34		6:22	435	16:32	738	18:37	66.31	6:38:59	6:01	1	6:38:59	1	6:38:59
Forch	11.30		6:15	417	29:08	721	32:00	77.61	7:49:39	6:03	1	7:49:39	1	7:49:39
Egg	8.75		5:29	248	14:37	489	15:51	86.36	8:37:41	5:59	1	8:37:41	1	8:37:41
Zumikon	12.99		6:18	429	28:48	733	34:57	99.35	9:59:37	6:02	1	9:59:37	1	9:59:37
Witikon	6.91		5:16	344	12:39	618	15:27	106.26	10:36:06	5:59	1	10:36:06	1	10:36:06
Fluntern	4.90		5:10	180	8:29	402	9:01	111.16	11:01:26	5:57	1	11:01:26	1	11:01:26
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:04	414	14:00	717	15:34	116.80	11:35:39	5:57	461	3:25:27	774	4:43:43