



38. SOLA-Stafette

Zürich / 07.05.2011

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APGAR

□□: Ang.

□□: 378

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:59:43

□□: 10.62 km/h

□□□□: 5:38 min/km

□□□□□: 669 (of 790)

□□□□□□: 6:52:28

□□□□□: 372(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:25	195	6:41	405	8:04	4.40	23:53	5:25	1	23:53	1	23:53
Buchlern	13.25		4:29	102	12:00	267	16:30	17.65	1:23:24	4:43	1	1:23:24	1	1:23:24
Uetliberg	6.20		8:40	468	24:36	778	28:12	23.85	2:17:12	5:45	1	2:17:12	1	2:17:12
Felsenegg	5.90		5:28	237	9:43	466	12:24	29.75	2:49:33	5:41	1	2:49:33	1	2:49:33
Buchlern	14.02		6:04	432	33:25	737	37:26	43.77	4:14:47	5:49	1	4:14:47	1	4:14:47
Hönggerberg	11.10		5:36	308	20:21	568	23:02	54.87	5:16:58	5:46	1	5:16:58	1	5:16:58
Irchel	5.10		4:39	51	4:39	147	6:59	59.97	5:40:43	5:40	1	5:40:43	1	5:40:43
Fluntern	6.34		6:36	454	18:00	760	20:05	66.31	6:22:36	5:46	1	6:22:36	1	6:22:36
Forch	11.30		5:31	284	20:50	540	23:42	77.61	7:24:58	5:44	1	7:24:58	1	7:24:58
Egg	8.75		5:50	353	17:43	631	18:57	86.36	8:16:06	5:44	1	8:16:06	1	8:16:06
Zumikon	12.99		4:58	98	11:35	271	17:44	99.35	9:20:49	5:38	1	9:20:49	1	9:20:49
Witikon	6.91		4:53	241	9:58	480	12:46	106.26	9:54:37	5:35	1	9:54:37	1	9:54:37
Fluntern	4.90		6:47	453	16:26	760	16:58	111.16	10:27:54	5:38	1	10:27:54	1	10:27:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:38	351	11:36	627	13:10	116.80	10:59:43	5:38	384	2:49:31	688	4:07:47