



38. SOLA-Stafette

Zürich / 07.05.2011

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ASTRA Winterthur

□□: Ang.
□□: 379

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:03:54

□□: 10.56 km/h
□□□□: 5:41 min/km

□□□□□: 685 (of 790)

□□□□□□: 6:52:28

□□□□□: 387(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:04	96	5:10	246	6:33	4.40	22:22	5:04	1	22:22	1	22:22
Buchlern	13.25		4:41	179	14:34	395	19:04	17.65	1:24:27	4:47	1	1:24:27	1	1:24:27
Uetliberg	6.20		6:25	271	10:41	517	14:17	23.85	2:04:20	5:12	1	2:04:20	1	2:04:20
Felsenegg	5.90		6:06	395	13:22	684	16:03	29.75	2:40:20	5:23	1	2:40:20	1	2:40:20
Buchlern	14.02		5:26	337	24:23	617	28:24	43.77	3:56:32	5:24	1	3:56:32	1	3:56:32
Hönggerberg	11.10		5:28	265	18:57	513	21:38	54.87	4:57:19	5:25	1	4:57:19	1	4:57:19
Irchel	5.10		7:18	459	18:09	766	20:29	59.97	5:34:34	5:34	1	5:34:34	1	5:34:34
Fluntern	6.34		5:02	137	8:06	322	10:11	66.31	6:06:33	5:31	1	6:06:33	1	6:06:33
Forch	11.30		6:08	406	27:56	707	30:48	77.61	7:16:01	5:37	1	7:16:01	1	7:16:01
Egg	8.75		5:39	299	16:06	559	17:20	86.36	8:05:32	5:37	1	8:05:32	1	8:05:32
Zumikon	12.99		7:05	465	39:04	776	45:13	99.35	9:37:44	5:48	1	9:37:44	1	9:37:44
Witikon	6.91		4:29	116	7:09	281	9:57	106.26	10:08:43	5:43	1	10:08:43	1	10:08:43
Fluntern	4.90		4:23	33	4:42	126	5:14	111.16	10:30:16	5:40	1	10:30:16	1	10:30:16
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Irchel	5.64		5:57	392	13:25	691	14:59	116.80	11:03:54	5:41	399	2:53:42	704	4:11:58