



38. SOLA-Stafette

Zürich / 07.05.2011

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Berner Reha Runners 1

□□: Ang.
□□: 386

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:00:07

□□: 11.60 km/h
□□□□: 5:08 min/km

□□□□□: 304 (of 790)

□□□□□□: 6:52:28

□□□□□: 85(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:41	269	7:50	523	9:13	4.40	25:02	5:41	1	25:02	1	25:02
Buchlern	13.25		5:08	349	20:43	629	25:13	17.65	1:33:16	5:17	1	1:33:16	1	1:33:16
Uetliberg	6.20		6:31	293	11:14	550	14:50	23.85	2:13:42	5:36	1	2:13:42	1	2:13:42
Felsenegg	5.90		6:22	425	15:01	720	17:42	29.75	2:51:21	5:45	1	2:51:21	1	2:51:21
Buchlern	14.02		4:35	75	12:27	208	16:28	43.77	3:55:37	5:22	1	3:55:37	1	3:55:37
Hönggerberg	11.10		5:03	147	14:15	330	16:56	54.87	4:51:42	5:18	1	4:51:42	1	4:51:42
Irchel	5.10		5:34	228	9:22	468	11:42	59.97	5:20:10	5:20	1	5:20:10	1	5:20:10
Fluntern	6.34		5:04	144	8:16	335	10:21	66.31	5:52:19	5:18	1	5:52:19	1	5:52:19
Forch	11.30		3:40	1	-	5	2:52	77.61	6:33:51	5:04	1	6:33:51	1	6:33:51
Egg	8.75		4:49	56	8:50	170	10:04	86.36	7:16:06	5:02	1	7:16:06	1	7:16:06
Zumikon	12.99		4:58	95	11:28	265	17:37	99.35	8:20:42	5:02	1	8:20:42	1	8:20:42
Witikon	6.91		5:57	430	17:18	733	20:06	106.26	9:01:50	5:05	1	9:01:50	1	9:01:50
Fluntern	4.90		5:55	346	12:10	626	12:42	111.16	9:30:51	5:08	1	9:30:51	1	9:30:51
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Irchel	5.64		5:11	237	9:03	469	10:37	116.80	10:00:07	5:08	95	1:49:55	320	3:08:11