



38. SOLA-Stafette

Zürich / 07.05.2011

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Blüemli

□□: Ang.

□□: 389

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:32:19

□□: 10.05 km/h

□□□□: 5:55 min/km

□□□□□: 749 (of 790)

□□□□□□: 6:52:28

□□□□□: 444(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:36	434	11:53	740	13:16	4.40	29:05	6:36	1	29:05	1	29:05
Buchlern	13.25		4:59	301	18:38	565	23:08	17.65	1:35:14	5:23	1	1:35:14	1	1:35:14
Uetliberg	6.20		6:11	208	9:10	432	12:46	23.85	2:13:36	5:36	1	2:13:36	1	2:13:36
Felsenegg	5.90		5:22	207	9:06	426	11:47	29.75	2:45:20	5:33	1	2:45:20	1	2:45:20
Buchlern	14.02		6:06	436	33:49	742	37:50	43.77	4:10:58	5:44	1	4:10:58	1	4:10:58
Hönggerberg	11.10		7:14	467	38:34	777	41:15	54.87	5:31:22	6:02	1	5:31:22	1	5:31:22
Irchel	5.10		4:29	29	3:46	97	6:06	59.97	5:54:14	5:54	1	5:54:14	1	5:54:14
Fluntern	6.34		4:55	102	7:21	261	9:26	66.31	6:25:28	5:48	1	6:25:28	1	6:25:28
Forch	11.30		7:22	469	41:50	782	44:42	77.61	7:48:50	6:02	1	7:48:50	1	7:48:50
Egg	8.75		6:36	443	24:28	748	25:42	86.36	8:46:43	6:05	1	8:46:43	1	8:46:43
Zumikon	12.99		5:01	113	12:12	298	18:21	99.35	9:52:03	5:57	1	9:52:03	1	9:52:03
Witikon	6.91		5:23	369	13:26	652	16:14	106.26	10:29:19	5:55	1	10:29:19	1	10:29:19
Fluntern	4.90		6:12	389	13:35	679	14:07	111.16	10:59:45	5:56	1	10:59:45	1	10:59:45
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Irchel	5.64		5:46	373	12:21	660	13:55	116.80	11:32:19	5:55	456	3:22:07	769	4:40:23