



38. SOLA-Stafette

Zürich / 07.05.2011

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Polito

□□: UNI

□□: 40

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:46

□□: 10.70 km/h

□□□□: 5:34 min/km

□□□□□: 631 (of 790)

□□□□□□: 6:52:28

□□□□□: 337(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:17	404	10:29	693	11:52	4.40	27:41	6:17	1	27:41	1	27:41
Buchlern	13.25		7:11	476	47:40	787	52:10	17.65	2:02:52	6:57	1	2:02:52	1	2:02:52
Uetliberg	6.20		6:00	152	8:05	352	11:41	23.85	2:40:09	6:42	1	2:40:09	1	2:40:09
Felsenegg	5.90		4:38	43	4:46	124	7:27	29.75	3:07:33	6:18	1	3:07:33	1	3:07:33
Buchlern	14.02		5:13	272	21:28	530	25:29	43.77	4:20:50	5:57	1	4:20:50	1	4:20:50
Hönggerberg	11.10		5:16	208	16:42	427	19:23	54.87	5:19:22	5:49	1	5:19:22	1	5:19:22
Irchel	5.10		4:51	82	5:41	213	8:01	59.97	5:44:09	5:44	1	5:44:09	1	5:44:09
Fluntern	6.34		6:47	464	19:13	771	21:18	66.31	6:27:15	5:50	1	6:27:15	1	6:27:15
Forch	11.30		5:32	287	21:01	545	23:53	77.61	7:29:48	5:47	1	7:29:48	1	7:29:48
Egg	8.75		4:30	17	6:01	79	7:15	86.36	8:09:14	5:39	1	8:09:14	1	8:09:14
Zumikon	12.99		5:19	202	16:01	430	22:10	99.35	9:18:23	5:37	1	9:18:23	1	9:18:23
Witikon	6.91		5:02	295	11:01	549	13:49	106.26	9:53:14	5:34	1	9:53:14	1	9:53:14
Fluntern	4.90		5:40	289	10:59	555	11:31	111.16	10:21:04	5:35	1	10:21:04	1	10:21:04
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:15	265	9:29	505	11:03	116.80	10:50:46	5:34	349	2:40:34	650	3:58:50