



38. SOLA-Stafette

Zürich / 07.05.2011

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De Viert Stock

□□: Ang.
□□: 403

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:00:45

□□: 10.61 km/h
□□□□: 5:39 min/km

□□□□□: 677 (of 790)

□□□□□□: 6:52:28

□□□□□: 380(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:03	93	5:05	236	6:28	4.40	22:17	5:03	1	22:17	1	22:17
Buchlern	13.25		4:32	124	12:43	312	17:13	17.65	1:22:31	4:40	1	1:22:31	1	1:22:31
Uetliberg	6.20		6:56	366	13:53	657	17:29	23.85	2:05:36	5:15	1	2:05:36	1	2:05:36
Felsenegg	5.90		5:13	166	8:11	362	10:52	29.75	2:36:25	5:15	1	2:36:25	1	2:36:25
Buchlern	14.02		5:23	321	23:44	597	27:45	43.77	3:51:58	5:17	1	3:51:58	1	3:51:58
Hönggerberg	11.10		5:12	191	15:55	402	18:36	54.87	4:49:43	5:16	1	4:49:43	1	4:49:43
Irchel	5.10		6:09	348	12:20	633	14:40	59.97	5:21:09	5:21	1	5:21:09	1	5:21:09
Fluntern	6.34		5:48	350	12:54	635	14:59	66.31	5:57:56	5:23	1	5:57:56	1	5:57:56
Forch	11.30		5:20	220	18:49	448	21:41	77.61	6:58:17	5:23	1	6:58:17	1	6:58:17
Egg	8.75		5:36	291	15:41	544	16:55	86.36	7:47:23	5:24	1	7:47:23	1	7:47:23
Zumikon	12.99		6:15	426	28:14	730	34:23	99.35	9:08:45	5:31	1	9:08:45	1	9:08:45
Witikon	6.91		7:16	470	26:25	781	29:13	106.26	9:59:00	5:38	1	9:59:00	1	9:59:00
Fluntern	4.90		6:23	419	14:29	720	15:01	111.16	10:30:20	5:40	1	10:30:20	1	10:30:20
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Irchel	5.64		5:23	299	10:12	554	11:46	116.80	11:00:45	5:39	392	2:50:33	696	4:08:49