



38. SOLA-Stafette

Zürich / 07.05.2011

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Die Kopfloren

□□: Ang.
□□: 405

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:02:42

□□: 11.55 km/h
□□□□: 5:09 min/km

□□□□□: 325 (of 790)

□□□□□□: 6:52:28

□□□□□: 96(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:06	377	9:41	656	11:04	4.40	26:53	6:06	1	26:53	1	26:53
Buchlern	13.25		5:10	357	21:07	638	25:37	17.65	1:35:31	5:24	1	1:35:31	1	1:35:31
Uetliberg	6.20		6:15	222	9:35	451	13:11	23.85	2:14:18	5:37	1	2:14:18	1	2:14:18
Felsenegg	5.90		5:03	133	7:13	305	9:54	29.75	2:44:09	5:31	1	2:44:09	1	2:44:09
Buchlern	14.02		3:59	5	4:06	38	8:07	43.77	3:40:04	5:01	1	3:40:04	1	3:40:04
Hönggerberg	11.10		5:30	281	19:22	537	22:03	54.87	4:41:16	5:07	1	4:41:16	1	4:41:16
Irchel	5.10		5:22	184	8:21	397	10:41	59.97	5:08:43	5:08	1	5:08:43	1	5:08:43
Fluntern	6.34		4:45	62	6:20	179	8:25	66.31	5:38:56	5:06	1	5:38:56	1	5:38:56
Forch	11.30		4:30	27	9:25	96	12:17	77.61	6:29:53	5:01	1	6:29:53	1	6:29:53
Egg	8.75		5:45	327	16:54	602	18:08	86.36	7:20:12	5:05	1	7:20:12	1	7:20:12
Zumikon	12.99		4:59	101	11:42	276	17:51	99.35	8:25:02	5:05	1	8:25:02	1	8:25:02
Witikon	6.91		5:16	341	12:35	613	15:23	106.26	9:01:27	5:05	1	9:01:27	1	9:01:27
Fluntern	4.90		6:59	461	17:27	771	17:59	111.16	9:35:45	5:10	1	9:35:45	1	9:35:45
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Irchel	5.64		4:46	126	6:44	283	8:18	116.80	10:02:42	5:09	106	1:52:30	341	3:10:46