



38. SOLA-Stafette

Zürich / 07.05.2011

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Fit for run

□□: Ang.
□□: 413

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:51:05

□□: 11.77 km/h
□□□□: 5:03 min/km

□□□□□: 240 (of 790)

□□□□□□: 6:52:28

□□□□□: 49(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:51	48	4:12	147	5:35	4.40	21:24	4:51	1	21:24	1	21:24
Buchlern	13.25		5:36	436	26:48	735	31:18	17.65	1:35:43	5:25	1	1:35:43	1	1:35:43
Uetliberg	6.20		6:01	157	8:08	357	11:44	23.85	2:13:03	5:34	1	2:13:03	1	2:13:03
Felsenegg	5.90		5:27	225	9:32	449	12:13	29.75	2:45:13	5:33	1	2:45:13	1	2:45:13
Buchlern	14.02		4:57	190	17:46	409	21:47	43.77	3:54:48	5:21	1	3:54:48	1	3:54:48
Hönggerberg	11.10		4:46	85	11:14	216	13:55	54.87	4:47:52	5:14	1	4:47:52	1	4:47:52
Irchel	5.10		5:19	165	8:01	367	10:21	59.97	5:14:59	5:15	1	5:14:59	1	5:14:59
Fluntern	6.34		5:10	178	8:57	395	11:02	66.31	5:47:49	5:14	1	5:47:49	1	5:47:49
Forch	11.30		5:30	276	20:42	531	23:34	77.61	6:50:03	5:17	1	6:50:03	1	6:50:03
Egg	8.75		5:25	224	14:01	460	15:15	86.36	7:37:29	5:17	1	7:37:29	1	7:37:29
Zumikon	12.99		4:09	2	0:59	29	7:08	99.35	8:31:36	5:08	1	8:31:36	1	8:31:36
Witikon	6.91		4:08	45	4:49	129	7:37	106.26	9:00:15	5:05	1	9:00:15	1	9:00:15
Fluntern	4.90		5:16	201	9:01	438	9:33	111.16	9:26:07	5:05	1	9:26:07	1	9:26:07
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Irchel	5.64		4:25	48	4:45	130	6:19	116.80	9:51:05	5:03	57	1:40:53	254	2:59:09