



38. SOLA-Stafette

Zürich / 07.05.2011

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Geotrotters

□□: Ang.
□□: 416

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:41:07

□□: 10.86 km/h
□□□□: 5:29 min/km

□□□□□: 580 (of 790)

□□□□□□: 6:52:28

□□□□□: 290(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:49	445	12:51	754	14:14	4.40	30:03	6:49	1	30:03	1	30:03
Buchlern	13.25		5:17	382	22:33	669	27:03	17.65	1:40:07	5:40	1	1:40:07	1	1:40:07
Uetliberg	6.20		6:48	342	13:02	625	16:38	23.85	2:22:21	5:58	1	2:22:21	1	2:22:21
Felsenegg	5.90		5:45	317	11:19	576	14:00	29.75	2:56:18	5:55	1	2:56:18	1	2:56:18
Buchlern	14.02		5:32	362	25:48	647	29:49	43.77	4:13:55	5:48	1	4:13:55	1	4:13:55
Hönggerberg	11.10		4:23	28	6:58	77	9:39	54.87	5:02:43	5:31	1	5:02:43	1	5:02:43
Irchel	5.10		7:03	448	16:56	751	19:16	59.97	5:38:45	5:38	1	5:38:45	1	5:38:45
Fluntern	6.34		4:52	86	6:59	230	9:04	66.31	6:09:37	5:34	1	6:09:37	1	6:09:37
Forch	11.30		5:42	323	22:56	602	25:48	77.61	7:14:05	5:35	1	7:14:05	1	7:14:05
Egg	8.75		5:21	206	13:27	428	14:41	86.36	8:00:57	5:34	1	8:00:57	1	8:00:57
Zumikon	12.99		5:03	123	12:37	313	18:46	99.35	9:06:42	5:30	1	9:06:42	1	9:06:42
Witikon	6.91		3:48	9	2:29	44	5:17	106.26	9:33:01	5:23	1	9:33:01	1	9:33:01
Fluntern	4.90		5:48	317	11:36	590	12:08	111.16	10:01:28	5:24	1	10:01:28	1	10:01:28
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Irchel	5.64		7:01	466	19:26	778	21:00	116.80	10:41:07	5:29	301	2:30:55	598	3:49:11