



38. SOLA-Stafette

Zürich / 07.05.2011

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Hifo Hitchhikers

□□: Ang.
□□: 420

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:10:10

□□: 10.39 km/h
□□□□: 5:44 min/km

□□□□□: 708 (of 790)

□□□□□□: 6:52:28

□□□□□: 407(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:33	227	7:15	458	8:38	4.40	24:27	5:33	1	24:27	1	24:27
Buchlern	13.25		5:06	333	20:10	611	24:40	17.65	1:32:08	5:13	1	1:32:08	1	1:32:08
Uetliberg	6.20		7:09	400	15:08	696	18:44	23.85	2:16:28	5:43	1	2:16:28	1	2:16:28
Felsenegg	5.90		4:46	67	5:35	176	8:16	29.75	2:44:41	5:32	1	2:44:41	1	2:44:41
Buchlern	14.02		5:23	321	23:44	597	27:45	43.77	4:00:14	5:29	1	4:00:14	1	4:00:14
Hönggerberg	11.10		6:32	447	30:45	751	33:26	54.87	5:12:49	5:42	1	5:12:49	1	5:12:49
Irchel	5.10		6:18	369	13:06	661	15:26	59.97	5:45:01	5:45	1	5:45:01	1	5:45:01
Fluntern	6.34		6:05	399	14:42	695	16:47	66.31	6:23:36	5:47	1	6:23:36	1	6:23:36
Forch	11.30		6:10	412	28:14	714	31:06	77.61	7:33:22	5:50	1	7:33:22	1	7:33:22
Egg	8.75		5:45	328	16:57	603	18:11	86.36	8:23:44	5:49	1	8:23:44	1	8:23:44
Zumikon	12.99		5:49	353	22:37	643	28:46	99.35	9:39:29	5:49	1	9:39:29	1	9:39:29
Witikon	6.91		4:51	230	9:41	466	12:29	106.26	10:13:00	5:46	1	10:13:00	1	10:13:00
Fluntern	4.90		5:42	297	11:09	564	11:41	111.16	10:41:00	5:45	1	10:41:00	1	10:41:00
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Irchel	5.64		5:10	230	8:57	461	10:31	116.80	11:10:10	5:44	419	2:59:58	728	4:18:14