



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## nanorunners

□□: Ang.

□□: 440

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:57:10

□□: 11.66 km/h

□□□□: 5:06 min/km

□□□□□: 280 (of 790)

□□□□□□: 6:52:28

□□□□□: 69(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:51	316	8:35	579	9:58	4.40	25:47	5:51	1	25:47	1	25:47
Buchlern	13.25		4:34	136	13:03	329	17:33	17.65	1:26:21	4:53	1	1:26:21	1	1:26:21
Uetliberg	6.20		6:54	357	13:41	647	17:17	23.85	2:09:14	5:25	1	2:09:14	1	2:09:14
Felsenegg	5.90		6:00	377	12:50	662	15:31	29.75	2:44:42	5:32	1	2:44:42	1	2:44:42
Buchlern	14.02		4:15	25	7:59	101	12:00	43.77	3:44:30	5:07	1	3:44:30	1	3:44:30
Hönggerberg	11.10		3:55	2	1:47	17	4:28	54.87	4:28:07	4:53	1	4:28:07	1	4:28:07
Irchel	5.10		6:41	424	15:00	723	17:20	59.97	5:02:13	5:02	1	5:02:13	1	5:02:13
Fluntern	6.34		5:08	163	8:40	370	10:45	66.31	5:34:46	5:02	1	5:34:46	1	5:34:46
Forch	11.30		5:09	166	16:51	364	19:43	77.61	6:33:09	5:03	1	6:33:09	1	6:33:09
Egg	8.75		5:01	92	10:31	249	11:45	86.36	7:17:05	5:03	1	7:17:05	1	7:17:05
Zumikon	12.99		5:07	144	13:32	347	19:41	99.35	8:23:45	5:04	1	8:23:45	1	8:23:45
Witikon	6.91		4:45	197	9:02	418	11:50	106.26	8:56:37	5:03	1	8:56:37	1	8:56:37
Fluntern	4.90		6:38	441	15:41	747	16:13	111.16	9:29:09	5:07	1	9:29:09	1	9:29:09
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Irchel	5.64		4:58	175	7:48	369	9:22	116.80	9:57:10	5:06	78	1:46:58	295	3:05:14