



38. SOLA-Stafette

Zürich / 07.05.2011

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Rastlos Planlos Atemlos

□□: Ang.

□□: 452

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:04:04

□□: 10.55 km/h

□□□□: 5:41 min/km

□□□□□: 688 (of 790)

□□□□□□: 6:52:28

□□□□□: 390(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:04	368	9:31	644	10:54	4.40	26:43	6:04	1	26:43	1	26:43
Buchlern	13.25		7:01	474	45:32	785	50:02	17.65	1:59:46	6:47	1	1:59:46	1	1:59:46
Uetliberg	6.20		6:43	329	12:30	602	16:06	23.85	2:41:28	6:46	1	2:41:28	1	2:41:28
Felsenegg	5.90		5:39	294	10:45	546	13:26	29.75	3:14:51	6:32	1	3:14:51	1	3:14:51
Buchlern	14.02		4:50	145	16:01	331	20:02	43.77	4:22:41	6:00	1	4:22:41	1	4:22:41
Hönggerberg	11.10		5:54	386	23:49	670	26:30	54.87	5:28:20	5:59	1	5:28:20	1	5:28:20
Irchel	5.10		6:25	389	13:41	687	16:01	59.97	6:01:07	6:01	1	6:01:07	1	6:01:07
Fluntern	6.34		4:37	45	5:29	137	7:34	66.31	6:30:29	5:53	1	6:30:29	1	6:30:29
Forch	11.30		5:47	349	23:53	635	26:45	77.61	7:35:54	5:52	1	7:35:54	1	7:35:54
Egg	8.75		4:59	85	10:13	233	11:27	86.36	8:19:32	5:47	1	8:19:32	1	8:19:32
Zumikon	12.99		5:12	164	14:29	376	20:38	99.35	9:27:09	5:42	1	9:27:09	1	9:27:09
Witikon	6.91		4:33	135	7:42	315	10:30	106.26	9:58:41	5:38	1	9:58:41	1	9:58:41
Fluntern	4.90		6:09	385	13:20	674	13:52	111.16	10:28:52	5:39	1	10:28:52	1	10:28:52
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:14	431	14:59	740	16:33	116.80	11:04:04	5:41	402	2:53:52	707	4:12:08