



38. SOLA-Stafette

Zürich / 07.05.2011

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Slou Mouschen

□□: UNI
□□: 45

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:04:14

□□: 11.52 km/h
□□□□: 5:10 min/km

□□□□□: 333 (of 790)

□□□□□□: 6:52:28

□□□□□: 101(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:59	350	9:10	619	10:33	4.40	26:22	5:59	1	26:22	1	26:22
Buchlern	13.25		4:40	176	14:30	390	19:00	17.65	1:28:23	5:00	1	1:28:23	1	1:28:23
Uetliberg	6.20		5:52	115	7:12	285	10:48	23.85	2:04:47	5:13	1	2:04:47	1	2:04:47
Felsenegg	5.90		4:42	56	5:10	149	7:51	29.75	2:32:35	5:07	1	2:32:35	1	2:32:35
Buchlern	14.02		4:34	73	12:22	206	16:23	43.77	3:36:46	4:57	1	3:36:46	1	3:36:46
Hönggerberg	11.10		4:04	5	3:24	26	6:05	54.87	4:22:00	4:46	1	4:22:00	1	4:22:00
Irchel	5.10		6:14	358	12:42	648	15:02	59.97	4:53:48	4:53	1	4:53:48	1	4:53:48
Fluntern	6.34		4:54	98	7:16	253	9:21	66.31	5:24:57	4:54	1	5:24:57	1	5:24:57
Forch	11.30		5:13	179	17:26	388	20:18	77.61	6:23:55	4:56	1	6:23:55	1	6:23:55
Egg	8.75		6:36	440	24:24	745	25:38	86.36	7:21:44	5:06	1	7:21:44	1	7:21:44
Zumikon	12.99		5:25	241	17:23	488	23:32	99.35	8:32:15	5:09	1	8:32:15	1	8:32:15
Witikon	6.91		4:53	247	10:01	490	12:49	106.26	9:06:06	5:08	1	9:06:06	1	9:06:06
Fluntern	4.90		6:07	382	13:11	670	13:43	111.16	9:36:08	5:10	1	9:36:08	1	9:36:08
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Irchel	5.64		4:58	182	7:53	379	9:27	116.80	10:04:14	5:10	111	1:54:02	349	3:12:18