



38. SOLA-Stafette

Zürich / 07.05.2011

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RUN4REBECCA II

□□: Ang.

□□: 456

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:10:07

□□: 10.46 km/h

□□□□: 5:44 min/km

□□□□□: 707 (of 790)

□□□□□□: 6:52:28

□□□□□: 406(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:26	418	11:10	716	12:33	4.40	28:22	6:26	1	28:22	1	28:22
Buchlern	13.25		5:14	369	22:02	655	26:32	17.65	1:37:55	5:32	1	1:37:55	1	1:37:55
Uetliberg	6.20		6:54	356	13:35	645	17:11	23.85	2:20:42	5:53	1	2:20:42	1	2:20:42
Felsenegg	5.90		4:42	52	5:08	145	7:49	29.75	2:48:28	5:39	1	2:48:28	1	2:48:28
Buchlern	14.02		5:18	294	22:32	561	26:33	43.77	4:02:49	5:32	1	4:02:49	1	4:02:49
Hönggerberg	11.10		4:48	93	11:27	226	14:08	54.87	4:56:06	5:23	1	4:56:06	1	4:56:06
Irchel	5.10		6:47	435	15:31	735	17:51	59.97	5:30:43	5:30	1	5:30:43	1	5:30:43
Fluntern	6.34		5:39	325	11:59	600	14:04	66.31	6:06:35	5:31	1	6:06:35	1	6:06:35
Forch	11.30		6:50	460	35:48	772	38:40	77.61	7:23:55	5:43	1	7:23:55	1	7:23:55
Egg	8.75		5:12	142	12:07	331	13:21	86.36	8:09:27	5:40	1	8:09:27	1	8:09:27
Zumikon	12.99		6:07	409	26:30	711	32:39	99.35	9:29:05	5:43	1	9:29:05	1	9:29:05
Witikon	6.91		6:37	465	21:59	774	24:47	106.26	10:14:54	5:47	1	10:14:54	1	10:14:54
Fluntern	4.90		5:38	280	10:46	541	11:18	111.16	10:42:31	5:46	1	10:42:31	1	10:42:31
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Irchel	5.64		4:53	154	7:23	337	8:57	116.80	11:10:07	5:44	418	2:59:55	727	4:18:11