



38. SOLA-Stafette

Zürich / 07.05.2011

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Speedster

□□: Ang.

□□: 464

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:48:41

□□: 10.73 km/h

□□□□: 5:33 min/km

□□□□□: 617 (of 790)

□□□□□□: 6:52:28

□□□□□: 323(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:34	237	7:21	471	8:44	4.40	24:33	5:34	1	24:33	1	24:33
Buchlern	13.25		5:07	338	20:23	617	24:53	17.65	1:32:27	5:14	1	1:32:27	1	1:32:27
Uetliberg	6.20		6:06	181	8:43	397	12:19	23.85	2:10:22	5:27	1	2:10:22	1	2:10:22
Felsenegg	5.90		5:37	283	10:34	532	13:15	29.75	2:43:34	5:29	1	2:43:34	1	2:43:34
Buchlern	14.02		6:10	445	34:46	751	38:47	43.77	4:10:09	5:42	1	4:10:09	1	4:10:09
Hönggerberg	11.10		5:24	247	18:16	487	20:57	54.87	5:10:15	5:39	1	5:10:15	1	5:10:15
Irchel	5.10		4:32	34	4:04	107	6:24	59.97	5:33:25	5:33	1	5:33:25	1	5:33:25
Fluntern	6.34		6:20	431	16:18	733	18:23	66.31	6:13:36	5:38	1	6:13:36	1	6:13:36
Forch	11.30		6:09	410	28:02	711	30:54	77.61	7:23:10	5:42	1	7:23:10	1	7:23:10
Egg	8.75		5:40	307	16:18	569	17:32	86.36	8:12:53	5:42	1	8:12:53	1	8:12:53
Zumikon	12.99		5:20	212	16:20	445	22:29	99.35	9:22:21	5:39	1	9:22:21	1	9:22:21
Witikon	6.91		4:58	269	10:31	516	13:19	106.26	9:56:42	5:36	1	9:56:42	1	9:56:42
Fluntern	4.90		5:04	158	8:02	371	8:34	111.16	10:21:35	5:35	1	10:21:35	1	10:21:35
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Irchel	5.64		4:48	133	6:53	297	8:27	116.80	10:48:41	5:33	335	2:38:29	636	3:56:45