



38. SOLA-Stafette

Zürich / 07.05.2011

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The Runaway Selection

□□: Ang.
□□: 472

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 9:37:33

□□: 12.05 km/h
□□□□: 4:56 min/km

□□□□□: 172 (of 790)

□□□□□□: 6:52:28

□□□□□: 22(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:53	326	8:44	590	10:07	4.40	25:56	5:53	1	25:56	1	25:56
Buchlern	13.25		4:46	220	15:51	454	20:21	17.65	1:29:18	5:03	1	1:29:18	1	1:29:18
Uetliberg	6.20		5:44	95	6:26	243	10:02	23.85	2:04:56	5:14	1	2:04:56	1	2:04:56
Felsenegg	5.90		4:51	80	5:59	204	8:40	29.75	2:33:33	5:09	1	2:33:33	1	2:33:33
Buchlern	14.02		4:38	87	13:20	235	17:21	43.77	3:38:42	4:59	1	3:38:42	1	3:38:42
Hönggerberg	11.10		4:54	113	12:41	265	15:22	54.87	4:33:13	4:58	1	4:33:13	1	4:33:13
Irchel	5.10		5:16	157	7:46	350	10:06	59.97	5:00:05	5:00	1	5:00:05	1	5:00:05
Fluntern	6.34		4:57	113	7:35	278	9:40	66.31	5:31:33	5:00	1	5:31:33	1	5:31:33
Forch	11.30		5:06	145	16:15	336	19:07	77.61	6:29:20	5:00	1	6:29:20	1	6:29:20
Egg	8.75		5:18	182	13:00	392	14:14	86.36	7:15:45	5:02	1	7:15:45	1	7:15:45
Zumikon	12.99		4:14	4	1:53	41	8:02	99.35	8:10:46	4:56	1	8:10:46	1	8:10:46
Witikon	6.91		4:35	141	7:57	328	10:45	106.26	8:42:33	4:55	1	8:42:33	1	8:42:33
Fluntern	4.90		5:45	306	11:21	577	11:53	111.16	9:10:45	4:57	1	9:10:45	1	9:10:45
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Irchel	5.64		4:45	119	6:35	274	8:09	116.80	9:37:33	4:56	28	1:27:21	182	2:45:37