



38. SOLA-Stafette

Zürich / 07.05.2011

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ZDU-Schnuufer

□□: Ang.

□□: 482

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:10:53

□□: 11.47 km/h

□□□□: 5:13 min/km

□□□□□: 383 (of 790)

□□□□□□: 6:52:28

□□□□□: 133(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:31	23	2:42	78	4:05	4.40	19:54	4:31	1	19:54	1	19:54
Buchlern	13.25		4:30	109	12:13	277	16:43	17.65	1:19:38	4:30	1	1:19:38	1	1:19:38
Uetliberg	6.20		6:23	256	10:24	495	14:00	23.85	1:59:14	4:59	1	1:59:14	1	1:59:14
Felsenegg	5.90		6:26	428	15:22	727	18:03	29.75	2:37:14	5:17	1	2:37:14	1	2:37:14
Buchlern	14.02		4:46	130	15:09	299	19:10	43.77	3:44:12	5:07	1	3:44:12	1	3:44:12
Hönggerberg	11.10		5:05	164	14:46	359	17:27	54.87	4:40:48	5:07	1	4:40:48	1	4:40:48
Irchel	5.10		5:17	161	7:51	357	10:11	59.97	5:07:45	5:07	1	5:07:45	1	5:07:45
Fluntern	6.34		5:47	348	12:50	632	14:55	66.31	5:44:28	5:11	1	5:44:28	1	5:44:28
Forch	11.30		5:05	140	15:59	326	18:51	77.61	6:41:59	5:10	1	6:41:59	1	6:41:59
Egg	8.75		5:16	167	12:44	373	13:58	86.36	7:28:08	5:11	1	7:28:08	1	7:28:08
Zumikon	12.99		5:32	279	18:49	544	24:58	99.35	8:40:05	5:14	1	8:40:05	1	8:40:05
Witikon	6.91		4:52	236	9:50	473	12:38	106.26	9:13:45	5:12	1	9:13:45	1	9:13:45
Fluntern	4.90		4:59	132	7:37	328	8:09	111.16	9:38:13	5:12	1	9:38:13	1	9:38:13
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Irchel	5.64		5:47	376	12:27	664	14:01	116.80	10:10:53	5:13	144	2:00:41	400	3:18:57