



38. SOLA-Stafette

Zürich / 07.05.2011

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HSP Münster Laufteam I

□□: ausl. HS

□□: 502

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:24:47

□□: 12.32 km/h

□□□□: 4:52 min/km

□□□□□: 121 (of 790)

□□□□□□: 6:52:28

□□□□□: 113(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:36	63	4:28	91	4:28	4.40	20:17	4:36	1	20:17	1	20:17
Buchlern	13.25		4:45	227	20:04	430	20:04	17.65	1:23:22	4:43	1	1:23:22	1	1:23:22
Uetliberg	6.20		6:49	284	16:42	629	16:42	23.85	2:05:40	5:16	1	2:05:40	1	2:05:40
Felsenegg	5.90		4:49	120	8:29	195	8:29	29.75	2:34:06	5:10	1	2:34:06	1	2:34:06
Buchlern	14.02		4:13	66	11:25	85	11:25	43.77	3:33:19	4:52	1	3:33:19	1	3:33:19
Hönggerberg	11.10		5:57	287	27:04	682	27:04	54.87	4:39:32	5:05	1	4:39:32	1	4:39:32
Irchel	5.10		5:28	228	11:10	433	11:10	59.97	5:07:28	5:07	1	5:07:28	1	5:07:28
Fluntern	6.34		4:14	36	5:07	49	5:07	66.31	5:34:23	5:02	1	5:34:23	1	5:34:23
Forch	11.30		4:39	104	14:01	142	14:01	77.61	6:27:04	4:59	1	6:27:04	1	6:27:04
Egg	8.75		4:47	110	9:48	158	9:48	86.36	7:09:03	4:58	1	7:09:03	1	7:09:03
Zumikon	12.99		4:02	18	5:27	18	5:27	99.35	8:01:29	4:50	1	8:01:29	1	8:01:29
Witikon	6.91		4:14	102	8:17	159	8:17	106.26	8:30:48	4:48	1	8:30:48	1	8:30:48
Fluntern	4.90		4:59	195	8:08	326	8:08	111.16	8:55:15	4:48	1	8:55:15	1	8:55:15
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Irchel	5.64		5:14	237	10:53	490	10:53	116.80	9:24:47	4:50	116	2:32:51	128	2:32:51