



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## HSP Münster Laufteam II

□□: ausl. HS

□□: 503

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:18:43

□□: 11.25 km/h

□□□□: 5:20 min/km

□□□□□: 428 (of 790)

□□□□□□: 6:52:28

□□□□□: 262(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:05	153	6:36	252	6:36	4.40	22:25	5:05	1	22:25	1	22:25
Buchlern	13.25		4:49	242	20:57	475	20:57	17.65	1:26:23	4:53	1	1:26:23	1	1:26:23
Uetliberg	6.20		6:24	242	14:10	509	14:10	23.85	2:06:09	5:17	1	2:06:09	1	2:06:09
Felsenegg	5.90		5:42	256	13:41	563	13:41	29.75	2:39:47	5:22	1	2:39:47	1	2:39:47
Buchlern	14.02		4:49	183	19:57	324	19:57	43.77	3:47:32	5:11	1	3:47:32	1	3:47:32
Hönggerberg	11.10		5:25	241	21:04	489	21:04	54.87	4:47:45	5:14	1	4:47:45	1	4:47:45
Irchel	5.10		4:31	71	6:17	103	6:17	59.97	5:10:48	5:10	1	5:10:48	1	5:10:48
Fluntern	6.34		5:07	203	10:42	362	10:42	66.31	5:43:18	5:10	1	5:43:18	1	5:43:18
Forch	11.30		5:24	239	22:25	482	22:25	77.61	6:44:23	5:12	1	6:44:23	1	6:44:23
Egg	8.75		4:59	151	11:31	237	11:31	86.36	7:28:05	5:11	1	7:28:05	1	7:28:05
Zumikon	12.99		5:38	273	26:13	572	26:13	99.35	8:41:17	5:14	1	8:41:17	1	8:41:17
Witikon	6.91		5:25	284	16:24	658	16:24	106.26	9:18:43	5:15	1	9:18:43	1	9:18:43
Fluntern	4.90		5:44	271	11:51	574	11:51	111.16	9:46:53	5:16	1	9:46:53	1	9:46:53
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Irchel	5.64		5:38	278	13:11	630	13:11	116.80	10:18:43	5:17	269	3:26:47	446	3:26:47