



38. SOLA-Stafette

Zürich / 07.05.2011

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Running Buffers

□□: UNI

□□: 514

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:54:47

□□: 11.70 km/h

□□□□: 5:08 min/km

□□□□□: 264 (of 790)

□□□□□□: 6:52:28

□□□□□: 205(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:40	253	9:10	519	9:10	4.40	24:59	5:40	1	24:59	1	24:59
Buchlern	13.25		4:20	132	14:26	191	14:26	17.65	1:22:26	4:40	1	1:22:26	1	1:22:26
Uetliberg	6.20		6:48	282	16:35	623	16:35	23.85	2:04:37	5:13	1	2:04:37	1	2:04:37
Felsenegg	5.90		4:41	92	7:46	141	7:46	29.75	2:32:20	5:07	1	2:32:20	1	2:32:20
Buchlern	14.02		5:15	264	25:54	547	25:54	43.77	3:46:02	5:09	1	3:46:02	1	3:46:02
Hönggerberg	11.10		5:37	266	23:20	583	23:20	54.87	4:48:31	5:15	1	4:48:31	1	4:48:31
Irchel	5.10		5:14	188	9:58	340	9:58	59.97	5:15:15	5:15	1	5:15:15	1	5:15:15
Fluntern	6.34		4:50	136	8:52	215	8:52	66.31	5:45:55	5:12	1	5:45:55	1	5:45:55
Forch	11.30		5:33	264	24:03	555	24:03	77.61	6:48:38	5:15	1	6:48:38	1	6:48:38
Egg	8.75		4:40	85	8:43	110	8:43	86.36	7:29:32	5:12	1	7:29:32	1	7:29:32
Zumikon	12.99		5:04	193	18:59	321	18:59	99.35	8:35:30	5:11	1	8:35:30	1	8:35:30
Witikon	6.91		4:20	129	8:58	215	8:58	106.26	9:05:30	5:08	1	9:05:30	1	9:05:30
Fluntern	4.90		4:22	84	5:07	116	5:07	111.16	9:26:56	5:06	1	9:26:56	1	9:26:56
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:56	191	9:12	358	9:12	116.80	9:54:47	5:05	211	3:02:51	278	3:02:51