



38. SOLA-Stafette

Zürich / 07.05.2011

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anaerob

□□: ETH

□□: 528

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:51:38

□□: 11.85 km/h

□□□□: 5:06 min/km

□□□□□: 245 (of 790)

□□□□□□: 6:52:28

□□□□□: 194(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		5:07	159	6:45	269	6:45	4.40	22:34	5:07	1	22:34	1	22:34		
Buchlern	13.25		5:11	282	25:41	640	25:41	17.65	1:31:16	5:10	1	1:31:16	1	1:31:16		
Uetliberg	6.20		6:35	265	15:15	570	15:15	23.85	2:12:07	5:32	1	2:12:07	1	2:12:07		
Felsenegg	5.90		5:05	177	10:07	315	10:07	29.75	2:42:11	5:27	1	2:42:11	1	2:42:11		
Buchlern	14.02		4:52	202	20:37	359	20:37	43.77	3:50:36	5:16	1	3:50:36	1	3:50:36		
Hönggerberg	11.10		6:39	307	34:42	761	34:42	54.87	5:04:27	5:32	1	5:04:27	1	5:04:27		
Irchel	5.10		5:08	173	9:25	304	9:25	59.97	5:30:38	5:30	1	5:30:38	1	5:30:38		
Fluntern	6.34		4:49	133	8:47	206	8:47	66.31	6:01:13	5:26	1	6:01:13	1	6:01:13		
Forch	11.30		5:00	170	17:57	282	17:57	77.61	6:57:50	5:23	1	6:57:50	1	6:57:50		
Egg	8.75		4:21	38	5:55	48	5:55	86.36	7:35:56	5:16	1	7:35:56	1	7:35:56		
Zumikon	12.99		4:37	101	13:08	137	13:08	99.35	8:36:03	5:11	1	8:36:03	1	8:36:03		
Witikon	6.91		4:36	194	10:51	338	10:51	106.26	9:07:56	5:09	1	9:07:56	1	9:07:56		
Fluntern	4.90		4:06	47	3:48	55	3:48	111.16	9:28:03	5:06	1	9:28:03	1	9:28:03		
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-		
Irchel	5.64		4:10	48	4:56	65	4:56	116.80	9:51:38	5:03	200	2:59:42	259	2:59:42		