



38. SOLA-Stafette

Zürich / 07.05.2011

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Beach Runners

□□: ETH
□□: 530

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:00:52

□□: 12.87 km/h
□□□□: 4:40 min/km

□□□□□: 60 (of 790)

□□□□□□: 6:52:28

□□□□□: 58(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:01	133	6:18	218	6:18	4.40	22:07	5:01	1	22:07	1	22:07
Buchlern	13.25		3:55	46	9:03	53	9:03	17.65	1:14:11	4:12	1	1:14:11	1	1:14:11
Uetliberg	6.20		4:45	17	3:56	18	3:56	23.85	1:43:43	4:20	1	1:43:43	1	1:43:43
Felsenegg	5.90		5:58	283	15:16	651	15:16	29.75	2:18:56	4:40	1	2:18:56	1	2:18:56
Buchlern	14.02		3:52	18	6:38	22	6:38	43.77	3:13:22	4:25	1	3:13:22	1	3:13:22
Hönggerberg	11.10		5:13	216	18:54	413	18:54	54.87	4:11:25	4:34	1	4:11:25	1	4:11:25
Irchel	5.10		4:05	30	4:07	39	4:07	59.97	4:32:18	4:32	1	4:32:18	1	4:32:18
Fluntern	6.34		4:46	120	8:29	185	8:29	66.31	5:02:35	4:33	1	5:02:35	1	5:02:35
Forch	11.30		4:26	61	11:26	79	11:26	77.61	5:52:41	4:32	1	5:52:41	1	5:52:41
Egg	8.75		4:44	96	9:17	133	9:17	86.36	6:34:09	4:33	1	6:34:09	1	6:34:09
Zumikon	12.99		4:57	167	17:29	261	17:29	99.35	7:38:37	4:36	1	7:38:37	1	7:38:37
Witikon	6.91		4:53	240	12:46	480	12:46	106.26	8:12:25	4:38	1	8:12:25	1	8:12:25
Fluntern	4.90		5:04	214	8:34	371	8:34	111.16	8:37:18	4:39	1	8:37:18	1	8:37:18
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Irchel	5.64		4:10	46	4:55	62	4:55	116.80	9:00:52	4:37	60	2:08:56	65	2:08:56