



38. SOLA-Stafette

Zürich / 07.05.2011

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IPE läuft

□□: ETH

□□: 541

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:09:45

□□: 12.66 km/h

□□□□: 4:45 min/km

□□□□□: 75 (of 790)

□□□□□□: 6:52:28

□□□□□: 70(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:38	68	4:35	101	4:35	4.40	20:24	4:38	1	20:24	1	20:24
Buchlern	13.25		4:10	88	12:23	116	12:23	17.65	1:15:48	4:17	1	1:15:48	1	1:15:48
Uetliberg	6.20		6:08	219	12:26	406	12:26	23.85	1:53:50	4:46	1	1:53:50	1	1:53:50
Felsenegg	5.90		4:46	107	8:11	172	8:11	29.75	2:21:58	4:46	1	2:21:58	1	2:21:58
Buchlern	14.02		4:24	100	13:54	142	13:54	43.77	3:23:40	4:39	1	3:23:40	1	3:23:40
Hönggerberg	11.10		5:07	199	17:45	367	17:45	54.87	4:20:34	4:44	1	4:20:34	1	4:20:34
Irchel	5.10		4:56	150	8:28	246	8:28	59.97	4:45:48	4:45	1	4:45:48	1	4:45:48
Fluntern	6.34		5:22	246	12:16	501	12:16	66.31	5:19:52	4:49	1	5:19:52	1	5:19:52
Forch	11.30		3:56	15	5:58	17	5:58	77.61	6:04:30	4:41	1	6:04:30	1	6:04:30
Egg	8.75		4:49	114	10:02	167	10:02	86.36	6:46:43	4:42	1	6:46:43	1	6:46:43
Zumikon	12.99		4:31	74	11:45	99	11:45	99.35	7:45:27	4:41	1	7:45:27	1	7:45:27
Witikon	6.91		4:53	238	12:43	478	12:43	106.26	8:19:12	4:41	1	8:19:12	1	8:19:12
Fluntern	4.90		5:01	205	8:19	348	8:19	111.16	8:43:50	4:42	1	8:43:50	1	8:43:50
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Irchel	5.64		4:35	126	7:16	210	7:16	116.80	9:09:45	4:42	73	2:17:49	81	2:17:49