



38. SOLA-Stafette

Zürich / 07.05.2011

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Kernspinnners3.0

□□: ETH
□□: 542

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:09:53

□□: 11.49 km/h
□□□□: 5:16 min/km

□□□□□: 376 (of 790)

□□□□□□: 6:52:28

□□□□□: 249(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:56	267	10:18	599	10:18	4.40	26:07	5:56	1	26:07	1	26:07
Buchlern	13.25		4:55	257	22:17	538	22:17	17.65	1:31:25	5:10	1	1:31:25	1	1:31:25
Uetliberg	6.20		6:04	207	12:04	380	12:04	23.85	2:09:05	5:24	1	2:09:05	1	2:09:05
Felsenegg	5.90		5:49	267	14:23	597	14:23	29.75	2:43:25	5:29	1	2:43:25	1	2:43:25
Buchlern	14.02		4:54	207	21:02	377	21:02	43.77	3:52:15	5:18	1	3:52:15	1	3:52:15
Hönggerberg	11.10		5:29	252	21:47	524	21:47	54.87	4:53:11	5:20	1	4:53:11	1	4:53:11
Irchel	5.10		5:15	193	10:01	348	10:01	59.97	5:19:58	5:20	1	5:19:58	1	5:19:58
Fluntern	6.34		5:11	223	11:10	409	11:10	66.31	5:52:56	5:19	1	5:52:56	1	5:52:56
Forch	11.30		5:08	195	19:28	347	19:28	77.61	6:51:04	5:17	1	6:51:04	1	6:51:04
Egg	8.75		5:22	225	14:50	434	14:50	86.36	7:38:05	5:18	1	7:38:05	1	7:38:05
Zumikon	12.99		4:58	171	17:37	265	17:37	99.35	8:42:41	5:15	1	8:42:41	1	8:42:41
Witikon	6.91		4:15	105	8:22	165	8:22	106.26	9:12:05	5:11	1	9:12:05	1	9:12:05
Fluntern	4.90		5:56	282	12:46	629	12:46	111.16	9:41:10	5:13	1	9:41:10	1	9:41:10
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Irchel	5.64		5:05	213	10:04	420	10:04	116.80	10:09:53	5:13	255	3:17:57	393	3:17:57