



38. SOLA-Stafette

Zürich / 07.05.2011

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Staiböck

□□: ETH

□□: 556

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:38:27

□□: 12.12 km/h

□□□□: 4:59 min/km

□□□□□: 177 (of 790)

□□□□□□: 6:52:28

□□□□□: 154(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	207	8:00	397	8:00	4.40	23:49	5:24	1	23:49	1	23:49
Buchlern	13.25		4:27	159	15:59	249	15:59	17.65	1:22:49	4:41	1	1:22:49	1	1:22:49
Uetliberg	6.20		5:07	43	6:08	54	6:08	23.85	1:54:33	4:48	1	1:54:33	1	1:54:33
Felsenegg	5.90		5:54	279	14:55	631	14:55	29.75	2:29:25	5:01	1	2:29:25	1	2:29:25
Buchlern	14.02		4:12	61	11:07	78	11:07	43.77	3:28:20	4:45	1	3:28:20	1	3:28:20
Hönggerberg	11.10		4:53	150	15:12	259	15:12	54.87	4:22:41	4:47	1	4:22:41	1	4:22:41
Irchel	5.10		5:17	197	10:15	359	10:15	59.97	4:49:42	4:49	1	4:49:42	1	4:49:42
Fluntern	6.34		5:17	237	11:42	458	11:42	66.31	5:23:12	4:52	1	5:23:12	1	5:23:12
Forch	11.30		5:47	286	26:43	634	26:43	77.61	6:28:35	5:00	1	6:28:35	1	6:28:35
Egg	8.75		5:04	169	12:10	280	12:10	86.36	7:12:56	5:00	1	7:12:56	1	7:12:56
Zumikon	12.99		4:38	103	13:18	144	13:18	99.35	8:13:13	4:57	1	8:13:13	1	8:13:13
Witikon	6.91		3:37	22	3:58	26	3:58	106.26	8:38:13	4:52	1	8:38:13	1	8:38:13
Fluntern	4.90		5:53	277	12:31	613	12:31	111.16	9:07:03	4:55	1	9:07:03	1	9:07:03
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Irchel	5.64		5:34	274	12:45	612	12:45	116.80	9:38:27	4:57	158	2:46:31	187	2:46:31