



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Vino et Malleo

□□: ETH

□□: 562

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:05:49

□□: 11.49 km/h

□□□□: 5:14 min/km

□□□□□: 345 (of 790)

□□□□□□: 6:52:28

□□□□□: 236(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:52	264	10:01	581	10:01	4.40	25:50	5:52	1	25:50	1	25:50
Buchlern	13.25		5:12	284	25:57	646	25:57	17.65	1:34:48	5:22	1	1:34:48	1	1:34:48
Uetliberg	6.20		4:54	28	4:49	32	4:49	23.85	2:05:13	5:15	1	2:05:13	1	2:05:13
Felsenegg	5.90		6:31	301	18:34	732	18:34	29.75	2:43:44	5:30	1	2:43:44	1	2:43:44
Buchlern	14.02		5:05	238	23:32	471	23:32	43.77	3:55:04	5:22	1	3:55:04	1	3:55:04
Hönggerberg	11.10		4:33	75	11:29	121	11:29	54.87	4:45:42	5:12	1	4:45:42	1	4:45:42
Irchel	5.10		4:52	132	8:04	216	8:04	59.97	5:10:32	5:10	1	5:10:32	1	5:10:32
Fluntern	6.34		4:47	125	8:32	192	8:32	66.31	5:40:52	5:08	1	5:40:52	1	5:40:52
Forch	11.30		5:26	245	22:45	499	22:45	77.61	6:42:17	5:11	1	6:42:17	1	6:42:17
Egg	8.75		5:42	269	17:43	584	17:43	86.36	7:32:11	5:14	1	7:32:11	1	7:32:11
Zumikon	12.99		5:03	191	18:47	315	18:47	99.35	8:37:57	5:12	1	8:37:57	1	8:37:57
Witikon	6.91		4:39	202	11:10	361	11:10	106.26	9:10:09	5:10	1	9:10:09	1	9:10:09
Fluntern	4.90		5:16	237	9:31	436	9:31	111.16	9:35:59	5:10	1	9:35:59	1	9:35:59
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Irchel	5.64		5:17	245	11:11	515	11:11	116.80	10:05:49	5:11	242	3:13:53	361	3:13:53