



38. SOLA-Stafette

Zürich / 07.05.2011

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ZZMK JK5

□□: UNI

□□: 57

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:50:49

□□: 11.78 km/h

□□□□: 5:03 min/km

□□□□□: 239 (of 790)

□□□□□□: 6:52:28

□□□□□: 48(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:51	312	8:33	575	9:56	4.40	25:45	5:51	1	25:45	1	25:45
Buchlern	13.25		4:57	289	18:10	550	22:40	17.65	1:31:26	5:10	1	1:31:26	1	1:31:26
Uetliberg	6.20		5:55	129	7:35	312	11:11	23.85	2:08:13	5:22	1	2:08:13	1	2:08:13
Felsenegg	5.90		5:32	259	10:04	498	12:45	29.75	2:40:55	5:24	1	2:40:55	1	2:40:55
Buchlern	14.02		4:29	56	11:10	170	15:11	43.77	3:43:54	5:06	1	3:43:54	1	3:43:54
Hönggerberg	11.10		4:31	40	8:23	105	11:04	54.87	4:34:07	4:59	1	4:34:07	1	4:34:07
Irchel	5.10		5:11	143	7:22	324	9:42	59.97	5:00:35	5:00	1	5:00:35	1	5:00:35
Fluntern	6.34		5:52	367	13:25	653	15:30	66.31	5:37:53	5:05	1	5:37:53	1	5:37:53
Forch	11.30		3:46	2	1:02	8	3:54	77.61	6:20:27	4:54	1	6:20:27	1	6:20:27
Egg	8.75		6:16	419	21:29	718	22:43	86.36	7:15:21	5:02	1	7:15:21	1	7:15:21
Zumikon	12.99		5:24	235	17:12	480	23:21	99.35	8:25:41	5:05	1	8:25:41	1	8:25:41
Witikon	6.91		4:40	170	8:30	374	11:18	106.26	8:58:01	5:03	1	8:58:01	1	8:58:01
Fluntern	4.90		6:36	438	15:33	743	16:05	111.16	9:30:25	5:07	1	9:30:25	1	9:30:25
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		3:37	2	0:11	13	1:45	116.80	9:50:49	5:03	56	1:40:37	253	2:58:53