



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## H03 Capricorns

□□: FH

□□: 565

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:24:43

□□: 12.32 km/h

□□□□: 4:52 min/km

□□□□□: 120 (of 790)

□□□□□□: 6:52:28

□□□□□: 112(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:38	249	9:02	508	9:02	4.40	24:51	5:38	1	24:51	1	24:51
Buchlern	13.25		4:36	202	18:08	346	18:08	17.65	1:26:00	4:52	1	1:26:00	1	1:26:00
Uetliberg	6.20		5:10	49	6:32	66	6:32	23.85	1:58:08	4:57	1	1:58:08	1	1:58:08
Felsenegg	5.90		5:27	225	12:13	449	12:13	29.75	2:30:18	5:03	1	2:30:18	1	2:30:18
Buchlern	14.02		4:56	214	21:24	391	21:24	43.77	3:39:30	5:00	1	3:39:30	1	3:39:30
Hönggerberg	11.10		5:05	194	17:24	357	17:24	54.87	4:36:03	5:01	1	4:36:03	1	4:36:03
Irchel	5.10		4:15	40	4:55	55	4:55	59.97	4:57:44	4:57	1	4:57:44	1	4:57:44
Fluntern	6.34		4:24	65	6:12	86	6:12	66.31	5:25:44	4:54	1	5:25:44	1	5:25:44
Forch	11.30		4:32	79	12:43	108	12:43	77.61	6:17:07	4:51	1	6:17:07	1	6:17:07
Egg	8.75		6:00	288	20:27	667	20:27	86.36	7:09:45	4:58	1	7:09:45	1	7:09:45
Zumikon	12.99		4:50	146	15:59	219	15:59	99.35	8:12:43	4:57	1	8:12:43	1	8:12:43
Witikon	6.91		3:59	55	6:31	77	6:31	106.26	8:40:16	4:53	1	8:40:16	1	8:40:16
Fluntern	4.90		4:05	45	3:43	51	3:43	111.16	9:00:18	4:51	1	9:00:18	1	9:00:18
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Irchel	5.64		4:19	68	5:46	101	5:46	116.80	9:24:43	4:50	114	2:32:47	126	2:32:47