



38. SOLA-Stafette

Zürich / 07.05.2011

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uiuiui09

00: FH
00: 567

00: 116.80 km
Sola-Stafette

0000:
Schnelle

000: 9:38:54

00: 12.11 km/h
0000: 5:00 min/km

00000: 178 (of 790)

000000: 6:52:28

00000: 155(of 313)

0000000: 6:52:28

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000	00 km	00 00	00 min/km	00 -	00 -	00 000	00 000	000 km	000 00	000 min/km	00 -	00 -	00 000	00 000
Hönggerberg	4.40		4:37	66	4:33	98	4:33	4.40	20:22	4:37	1	20:22	1	20:22
Buchlern	13.25		3:53	41	8:34	48	8:34	17.65	1:11:57	4:04	1	1:11:57	1	1:11:57
Uetliberg	6.20		6:54	290	17:16	646	17:16	23.85	1:54:49	4:48	1	1:54:49	1	1:54:49
Felsenegg	5.90		5:48	266	14:19	592	14:19	29.75	2:29:05	5:00	1	2:29:05	1	2:29:05
Buchlern	14.02		3:54	20	6:55	24	6:55	43.77	3:23:48	4:39	1	3:23:48	1	3:23:48
Hönggerberg	11.10		5:00	175	16:26	308	16:26	54.87	4:19:23	4:43	1	4:19:23	1	4:19:23
Irchel	5.10		4:41	103	7:08	159	7:08	59.97	4:43:17	4:43	1	4:43:17	1	4:43:17
Fluntern	6.34		4:42	108	8:06	165	8:06	66.31	5:13:11	4:43	1	5:13:11	1	5:13:11
Forch	11.30		4:30	72	12:22	99	12:22	77.61	6:04:13	4:41	1	6:04:13	1	6:04:13
Egg	8.75		5:15	203	13:49	364	13:49	86.36	6:50:13	4:45	1	6:50:13	1	6:50:13
Zumikon	12.99		6:48	309	41:22	768	41:22	99.35	8:18:34	5:01	1	8:18:34	1	8:18:34
Witikon	6.91		5:11	269	14:48	589	14:48	106.26	8:54:24	5:01	1	8:54:24	1	8:54:24
Fluntern	4.90		3:59	38	3:13	44	3:13	111.16	9:13:56	4:58	1	9:13:56	1	9:13:56
000	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:25	83	6:19	130	6:19	116.80	9:38:54	4:57	159	2:46:58	188	2:46:58