



38. SOLA-Stafette

Zürich / 07.05.2011

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Musculus katarrhus

□□: ausl. HS

□□: 6

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:20:55

□□: 11.21 km/h

□□□□: 5:18 min/km

□□□□□: 445 (of 790)

□□□□□□: 6:52:28

□□□□□: 178(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:35	240	7:23	475	8:46	4.40	24:35	5:35	1	24:35	1	24:35
Buchlern	13.25		4:47	224	15:59	460	20:29	17.65	1:28:05	4:59	1	1:28:05	1	1:28:05
Uetliberg	6.20		4:58	7	1:36	39	5:12	23.85	1:58:53	4:59	1	1:58:53	1	1:58:53
Felsenegg	5.90		5:43	314	11:10	571	13:51	29.75	2:32:41	5:07	1	2:32:41	1	2:32:41
Buchlern	14.02		5:08	246	20:18	492	24:19	43.77	3:44:48	5:08	1	3:44:48	1	3:44:48
Hönggerberg	11.10		5:54	383	23:45	666	26:26	54.87	4:50:23	5:17	1	4:50:23	1	4:50:23
Irchel	5.10		5:49	283	10:36	547	12:56	59.97	5:20:05	5:20	1	5:20:05	1	5:20:05
Fluntern	6.34		5:17	224	9:39	463	11:44	66.31	5:53:37	5:19	1	5:53:37	1	5:53:37
Forch	11.30		5:07	150	16:21	342	19:13	77.61	6:51:30	5:18	1	6:51:30	1	6:51:30
Egg	8.75		5:52	358	18:00	636	19:14	86.36	7:42:55	5:21	1	7:42:55	1	7:42:55
Zumikon	12.99		5:15	187	15:14	410	21:23	99.35	8:51:17	5:20	1	8:51:17	1	8:51:17
Witikon	6.91		5:04	299	11:14	556	14:02	106.26	9:26:21	5:19	1	9:26:21	1	9:26:21
Fluntern	4.90		5:26	229	9:49	478	10:21	111.16	9:53:01	5:20	1	9:53:01	1	9:53:01
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Irchel	5.64		4:56	170	7:41	362	9:15	116.80	10:20:55	5:18	189	2:10:43	463	3:28:59