



38. SOLA-Stafette

Zürich / 07.05.2011

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ACPC

□□: Ang.

□□: 769

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:56:02

□□: 10.61 km/h

□□□□: 5:40 min/km

□□□□□: 651 (of 790)

□□□□□□: 6:52:28

□□□□□: 295(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:39	251	9:04	511	9:04	4.40	24:53	5:39	1	24:53	1	24:53
Buchlern	13.25		4:56	259	22:34	547	22:34	17.65	1:30:28	5:07	1	1:30:28	1	1:30:28
Uetliberg	6.20		6:53	289	17:09	643	17:09	23.85	2:13:13	5:35	1	2:13:13	1	2:13:13
Felsenegg	5.90		5:52	274	14:41	616	14:41	29.75	2:47:51	5:38	1	2:47:51	1	2:47:51
Buchlern	14.02		4:33	129	16:13	199	16:13	43.77	3:51:52	5:17	1	3:51:52	1	3:51:52
Hönggerberg	11.10		6:32	304	33:24	750	33:24	54.87	5:04:25	5:32	1	5:04:25	1	5:04:25
Irchel	5.10		6:01	281	13:57	610	13:57	59.97	5:35:08	5:35	1	5:35:08	1	5:35:08
Fluntern	6.34		6:26	305	19:00	743	19:00	66.31	6:15:56	5:40	1	6:15:56	1	6:15:56
Forch	11.30		4:54	150	16:45	230	16:45	77.61	7:11:21	5:33	1	7:11:21	1	7:11:21
Egg	8.75		5:03	166	12:02	272	12:02	86.36	7:55:34	5:30	1	7:55:34	1	7:55:34
Zumikon	12.99		5:54	294	29:49	668	29:49	99.35	9:12:22	5:33	1	9:12:22	1	9:12:22
Witikon	6.91		5:41	300	18:19	711	18:19	106.26	9:51:43	5:34	1	9:51:43	1	9:51:43
Fluntern	4.90		6:11	290	13:59	677	13:59	111.16	10:22:01	5:35	1	10:22:01	1	10:22:01
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Irchel	5.64		6:01	302	15:22	710	15:22	116.80	10:56:02	5:37	302	4:04:06	670	4:04:06