



38. SOLA-Stafette

Zürich / 07.05.2011

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Hellracers

□□: Ang.

□□: 776

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 8:58:04

□□: 13.02 km/h

□□□□: 4:38 min/km

□□□□□: 56 (of 790)

□□□□□□: 6:52:28

□□□□□: 54(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:55	104	5:50	169	5:50	4.40	21:39	4:55	1	21:39	1	21:39
Buchlern	13.25		4:20	135	14:37	199	14:37	17.65	1:19:17	4:29	1	1:19:17	1	1:19:17
Uetliberg	6.20		6:31	261	14:54	557	14:54	23.85	1:59:47	5:01	1	1:59:47	1	1:59:47
Felsenegg	5.90		4:15	34	5:08	43	5:08	29.75	2:24:52	4:52	1	2:24:52	1	2:24:52
Buchlern	14.02		4:22	95	13:30	135	13:30	43.77	3:26:10	4:42	1	3:26:10	1	3:26:10
Hönggerberg	11.10		4:35	80	11:54	132	11:54	54.87	4:17:13	4:41	1	4:17:13	1	4:17:13
Irchel	5.10		4:33	76	6:30	113	6:30	59.97	4:40:29	4:40	1	4:40:29	1	4:40:29
Fluntern	6.34		4:28	75	6:37	104	6:37	66.31	5:08:54	4:39	1	5:08:54	1	5:08:54
Forch	11.30		4:22	54	10:50	70	10:50	77.61	5:58:24	4:37	1	5:58:24	1	5:58:24
Egg	8.75		4:55	136	10:57	210	10:57	86.36	6:41:32	4:38	1	6:41:32	1	6:41:32
Zumikon	12.99		4:47	136	15:21	202	15:21	99.35	7:43:52	4:40	1	7:43:52	1	7:43:52
Witikon	6.91		4:01	60	6:44	82	6:44	106.26	8:11:38	4:37	1	8:11:38	1	8:11:38
Fluntern	4.90		4:46	161	7:03	238	7:03	111.16	8:35:00	4:37	1	8:35:00	1	8:35:00
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Irchel	5.64		4:05	40	4:25	50	4:25	116.80	8:58:04	4:36	55	2:06:08	60	2:06:08