



38. SOLA-Stafette

Zürich / 07.05.2011

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locher am bloche

□□: Ang.

□□: 785

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:22:11

□□: 11.19 km/h

□□□□: 5:22 min/km

□□□□□: 451 (of 790)

□□□□□□: 6:52:28

□□□□□: 269(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	228	8:29	447	8:29	4.40	24:18	5:31	1	24:18	1	24:18
Buchlern	13.25		4:45	226	20:03	429	20:03	17.65	1:27:22	4:56	1	1:27:22	1	1:27:22
Uetliberg	6.20		5:33	111	8:52	166	8:52	23.85	2:01:50	5:06	1	2:01:50	1	2:01:50
Felsenegg	5.90		5:31	235	12:37	484	12:37	29.75	2:34:24	5:11	1	2:34:24	1	2:34:24
Buchlern	14.02		5:06	239	23:47	475	23:47	43.77	3:45:59	5:09	1	3:45:59	1	3:45:59
Hönggerberg	11.10		5:26	242	21:14	494	21:14	54.87	4:46:22	5:13	1	4:46:22	1	4:46:22
Irchel	5.10		5:47	261	12:46	534	12:46	59.97	5:15:54	5:16	1	5:15:54	1	5:15:54
Fluntern	6.34		5:36	271	13:47	593	13:47	66.31	5:51:29	5:18	1	5:51:29	1	5:51:29
Forch	11.30		6:51	313	38:45	773	38:45	77.61	7:08:54	5:31	1	7:08:54	1	7:08:54
Egg	8.75		5:39	259	17:17	555	17:17	86.36	7:58:22	5:32	1	7:58:22	1	7:58:22
Zumikon	12.99		5:14	217	21:06	397	21:06	99.35	9:06:27	5:30	1	9:06:27	1	9:06:27
Witikon	6.91		3:34	21	3:37	25	3:37	106.26	9:31:06	5:22	1	9:31:06	1	9:31:06
Fluntern	4.90		4:33	119	6:00	173	6:00	111.16	9:53:25	5:20	1	9:53:25	1	9:53:25
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Irchel	5.64		5:06	217	10:07	426	10:07	116.80	10:22:11	5:19	276	3:30:15	469	3:30:15