



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## NORDISKA

□□: Ang.

□□: 787

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:30:04

□□: 12.21 km/h

□□□□: 4:55 min/km

□□□□□: 139 (of 790)

□□□□□□: 6:52:28

□□□□□: 127(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:45	86	5:08	126	5:08	4.40	20:57	4:45	1	20:57	1	20:57
Buchlern	13.25		4:11	90	12:37	119	12:37	17.65	1:16:35	4:20	1	1:16:35	1	1:16:35
Uetliberg	6.20		5:09	48	6:23	62	6:23	23.85	1:48:34	4:33	1	1:48:34	1	1:48:34
Felsenegg	5.90		5:18	209	11:25	399	11:25	29.75	2:19:56	4:42	1	2:19:56	1	2:19:56
Buchlern	14.02		4:49	175	19:44	314	19:44	43.77	3:27:28	4:44	1	3:27:28	1	3:27:28
Hönggerberg	11.10		4:54	151	15:16	263	15:16	54.87	4:21:53	4:46	1	4:21:53	1	4:21:53
Irchel	5.10		5:38	248	11:58	486	11:58	59.97	4:50:37	4:50	1	4:50:37	1	4:50:37
Fluntern	6.34		5:03	188	10:17	329	10:17	66.31	5:22:42	4:51	1	5:22:42	1	5:22:42
Forch	11.30		4:29	68	12:01	92	12:01	77.61	6:13:23	4:48	1	6:13:23	1	6:13:23
Egg	8.75		5:01	160	11:49	256	11:49	86.36	6:57:23	4:49	1	6:57:23	1	6:57:23
Zumikon	12.99		4:43	123	14:29	172	14:29	99.35	7:58:51	4:49	1	7:58:51	1	7:58:51
Witikon	6.91		4:53	239	12:45	479	12:45	106.26	8:32:38	4:49	1	8:32:38	1	8:32:38
Fluntern	4.90		4:59	197	8:10	330	8:10	111.16	8:57:07	4:49	1	8:57:07	1	8:57:07
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Irchel	5.64		5:50	292	14:18	673	14:18	116.80	9:30:04	4:52	131	2:38:08	148	2:38:08