



38. SOLA-Stafette

Zürich / 07.05.2011

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PH-Selection

□□: Ang.

□□: 788

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:41:21

□□: 11.97 km/h

□□□□: 5:01 min/km

□□□□□: 195 (of 790)

□□□□□□: 6:52:28

□□□□□: 167(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:53	100	5:42	155	5:42	4.40	21:31	4:53	1	21:31	1	21:31
Buchlern	13.25		4:21	137	14:48	204	14:48	17.65	1:19:20	4:29	1	1:19:20	1	1:19:20
Uetliberg	6.20		5:51	168	10:41	277	10:41	23.85	1:55:37	4:50	1	1:55:37	1	1:55:37
Felsenegg	5.90		5:49	268	14:28	599	14:28	29.75	2:30:02	5:02	1	2:30:02	1	2:30:02
Buchlern	14.02		3:57	26	7:35	30	7:35	43.77	3:25:25	4:41	1	3:25:25	1	3:25:25
Hönggerberg	11.10		5:39	269	23:40	593	23:40	54.87	4:28:14	4:53	1	4:28:14	1	4:28:14
Irchel	5.10		5:23	218	10:46	407	10:46	59.97	4:55:46	4:55	1	4:55:46	1	4:55:46
Fluntern	6.34		3:55	16	3:04	18	3:04	66.31	5:20:38	4:50	1	5:20:38	1	5:20:38
Forch	11.30		4:55	157	16:55	240	16:55	77.61	6:16:13	4:50	1	6:16:13	1	6:16:13
Egg	8.75		5:41	266	17:38	575	17:38	86.36	7:06:02	4:55	1	7:06:02	1	7:06:02
Zumikon	12.99		5:31	265	24:53	541	24:53	99.35	8:17:54	5:00	1	8:17:54	1	8:17:54
Witikon	6.91		4:07	80	7:30	123	7:30	106.26	8:46:26	4:57	1	8:46:26	1	8:46:26
Fluntern	4.90		5:39	265	11:24	550	11:24	111.16	9:14:09	4:59	1	9:14:09	1	9:14:09
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Irchel	5.64		4:49	166	8:33	304	8:33	116.80	9:41:21	4:58	171	2:49:25	205	2:49:25