



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Phytoflitzer

□□: Ang.

□□: 789

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:36:03

□□: 12.17 km/h

□□□□: 4:58 min/km

□□□□□: 164 (of 790)

□□□□□□: 6:52:28

□□□□□: 146(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:28	299	12:41	722	12:41	4.40	28:30	6:28	1	28:30	1	28:30
Buchlern	13.25		4:24	152	15:28	234	15:28	17.65	1:26:59	4:55	1	1:26:59	1	1:26:59
Uetliberg	6.20		4:54	30	4:51	34	4:51	23.85	1:57:26	4:55	1	1:57:26	1	1:57:26
Felsenegg	5.90		4:25	57	6:11	70	6:11	29.75	2:23:34	4:49	1	2:23:34	1	2:23:34
Buchlern	14.02		4:21	93	13:22	130	13:22	43.77	3:24:44	4:40	1	3:24:44	1	3:24:44
Hönggerberg	11.10		5:48	280	25:22	643	25:22	54.87	4:29:15	4:54	1	4:29:15	1	4:29:15
Irchel	5.10		7:10	305	19:48	759	19:48	59.97	5:05:49	5:05	1	5:05:49	1	5:05:49
Fluntern	6.34		4:21	53	5:53	71	5:53	66.31	5:33:30	5:01	1	5:33:30	1	5:33:30
Forch	11.30		5:11	201	19:58	370	19:58	77.61	6:32:08	5:03	1	6:32:08	1	6:32:08
Egg	8.75		4:27	50	6:47	63	6:47	86.36	7:11:06	4:59	1	7:11:06	1	7:11:06
Zumikon	12.99		4:50	147	16:00	220	16:00	99.35	8:14:05	4:58	1	8:14:05	1	8:14:05
Witikon	6.91		4:47	228	12:07	442	12:07	106.26	8:47:14	4:57	1	8:47:14	1	8:47:14
Fluntern	4.90		4:58	192	8:05	320	8:05	111.16	9:11:38	4:57	1	9:11:38	1	9:11:38
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Irchel	5.64		4:19	68	5:46	101	5:46	116.80	9:36:03	4:55	150	2:44:07	173	2:44:07