



38. SOLA-Stafette

Zürich / 07.05.2011

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Starke grüne Salbe

□□: Ang.
□□: 797

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 9:33:40

□□: 12.22 km/h
□□□□: 4:57 min/km

□□□□□: 155 (of 790)

□□□□□□: 6:52:28

□□□□□: 139(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:11	283	11:25	669	11:25	4.40	27:14	6:11	1	27:14	1	27:14
Buchlern	13.25		3:58	52	9:37	61	9:37	17.65	1:19:52	4:31	1	1:19:52	1	1:19:52
Uetliberg	6.20		5:28	90	8:18	133	8:18	23.85	1:53:46	4:46	1	1:53:46	1	1:53:46
Felsenegg	5.90		4:58	158	9:25	269	9:25	29.75	2:23:08	4:48	1	2:23:08	1	2:23:08
Buchlern	14.02		4:27	109	14:43	161	14:43	43.77	3:25:39	4:41	1	3:25:39	1	3:25:39
Hönggerberg	11.10		5:41	271	24:02	602	24:02	54.87	4:28:50	4:53	1	4:28:50	1	4:28:50
Irchel	5.10		6:03	283	14:07	619	14:07	59.97	4:59:43	4:59	1	4:59:43	1	4:59:43
Fluntern	6.34		4:32	82	6:59	121	6:59	66.31	5:28:30	4:57	1	5:28:30	1	5:28:30
Forch	11.30		4:24	60	11:09	77	11:09	77.61	6:18:19	4:52	1	6:18:19	1	6:18:19
Egg	8.75		4:51	122	10:20	185	10:20	86.36	7:00:50	4:52	1	7:00:50	1	7:00:50
Zumikon	12.99		5:01	186	18:23	299	18:23	99.35	8:06:12	4:53	1	8:06:12	1	8:06:12
Witikon	6.91		3:40	26	4:25	31	4:25	106.26	8:31:39	4:48	1	8:31:39	1	8:31:39
Fluntern	4.90		6:22	301	14:56	719	14:56	111.16	9:02:54	4:53	1	9:02:54	1	9:02:54
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Irchel	5.64		5:27	260	12:07	574	12:07	116.80	9:33:40	4:54	143	2:41:44	164	2:41:44