



# 38. SOLA-Stafette

Zürich / 07.05.2011

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ZKS

□□: Ang.

□□: 804

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 10:09:33

□□: 11.50 km/h

□□□□: 5:16 min/km

□□□□□: 374 (of 790)

□□□□□□: 6:52:28

□□□□□: 248(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	
Hönggerberg	4.40	5:44	256	9:25	536	9:25	4.40	25:14	5:44	1	25:14	1	25:14
Buchlern	13.25	4:17	119	13:54	171	13:54	17.65	1:22:09	4:39	1	1:22:09	1	1:22:09
Uetliberg	6.20	5:54	181	11:05	307	11:05	23.85	1:58:50	4:58	1	1:58:50	1	1:58:50
Felsenegg	5.90	5:30	233	12:32	479	12:32	29.75	2:31:19	5:05	1	2:31:19	1	2:31:19
Buchlern	14.02	4:49	183	19:57	324	19:57	43.77	3:39:04	5:00	1	3:39:04	1	3:39:04
Hönggerberg	11.10	6:13	296	29:55	717	29:55	54.87	4:48:08	5:15	1	4:48:08	1	4:48:08
Irchel	5.10	5:11	182	9:42	324	9:42	59.97	5:14:36	5:14	1	5:14:36	1	5:14:36
Fluntern	6.34	4:57	162	9:35	271	9:35	66.31	5:45:59	5:13	1	5:45:59	1	5:45:59
Forch	11.30	5:24	240	22:31	486	22:31	77.61	6:47:10	5:14	1	6:47:10	1	6:47:10
Egg	8.75	5:08	184	12:48	313	12:48	86.36	7:32:09	5:14	1	7:32:09	1	7:32:09
Zumikon	12.99	4:10	28	7:13	30	7:13	99.35	8:26:21	5:05	1	8:26:21	1	8:26:21
Witikon	6.91	4:17	115	8:39	187	8:39	106.26	8:56:02	5:02	1	8:56:02	1	8:56:02
Fluntern	4.90	7:37	311	21:03	785	21:03	111.16	9:33:24	5:09	1	9:33:24	1	9:33:24
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Irchel	5.64	6:24	310	17:30	752	17:30	116.80	10:09:33	5:13	254	3:17:37	391	3:17:37