



38. SOLA-Stafette

Zürich / 07.05.2011

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MTV Stallikon

□□: G_ste
□□: 813

□□: 116.80 km
Sola-Stafette

□□□□:
Schnelle

□□□: 10:07:48

□□: 11.45 km/h
□□□□: 5:15 min/km

□□□□□: 359 (of 790)

□□□□□□: 6:52:28

□□□□□: 242(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	174	7:06	310	7:06	4.40	22:55	5:12	1	22:55	1	22:55
Buchlern	13.25		5:00	266	23:17	571	23:17	17.65	1:29:13	5:03	1	1:29:13	1	1:29:13
Uetliberg	6.20		6:32	262	14:55	558	14:55	23.85	2:09:44	5:26	1	2:09:44	1	2:09:44
Felsenegg	5.90		5:19	215	11:31	415	11:31	29.75	2:41:12	5:25	1	2:41:12	1	2:41:12
Buchlern	14.02		4:55	210	21:13	385	21:13	43.77	3:50:13	5:15	1	3:50:13	1	3:50:13
Hönggerberg	11.10		4:56	158	15:39	275	15:39	54.87	4:45:01	5:11	1	4:45:01	1	4:45:01
Irchel	5.10		5:08	174	9:27	305	9:27	59.97	5:11:14	5:11	1	5:11:14	1	5:11:14
Fluntern	6.34		4:59	171	9:49	292	9:49	66.31	5:42:51	5:10	1	5:42:51	1	5:42:51
Forch	11.30		5:45	283	26:21	621	26:21	77.61	6:47:52	5:15	1	6:47:52	1	6:47:52
Egg	8.75		4:44	98	9:21	136	9:21	86.36	7:29:24	5:12	1	7:29:24	1	7:29:24
Zumikon	12.99		5:56	297	30:14	674	30:14	99.35	8:46:37	5:18	1	8:46:37	1	8:46:37
Witikon	6.91		4:09	88	7:45	135	7:45	106.26	9:15:24	5:13	1	9:15:24	1	9:15:24
Fluntern	4.90		5:12	227	9:11	417	9:11	111.16	9:40:54	5:13	1	9:40:54	1	9:40:54
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:46	156	8:15	279	8:15	116.80	10:07:48	5:12	248	3:15:52	376	3:15:52