



38. SOLA-Stafette

Zürich / 07.05.2011

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Polytechniker Ruderclub Zürich

□□□: 10:27:34

□□: G_ste

□□: 11.09 km/h

□□: 814

□□□□: 5:25 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 492 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 276(of 313)

Schnelle

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:35	61	4:22	88	4:22	4.40	20:11	4:35	1	20:11	1	20:11
Buchlern	13.25		5:38	300	31:45	739	31:45	17.65	1:34:57	5:22	1	1:34:57	1	1:34:57
Uetliberg	6.20		7:22	300	20:09	715	20:09	23.85	2:20:42	5:53	1	2:20:42	1	2:20:42
Felsenegg	5.90		5:27	226	12:14	453	12:14	29.75	2:52:53	5:48	1	2:52:53	1	2:52:53
Buchlern	14.02		5:45	293	32:55	686	32:55	43.77	4:13:36	5:47	1	4:13:36	1	4:13:36
Hönggerberg	11.10		4:42	113	13:11	180	13:11	54.87	5:05:56	5:34	1	5:05:56	1	5:05:56
Irchel	5.10		5:34	241	11:42	468	11:42	59.97	5:34:24	5:34	1	5:34:24	1	5:34:24
Fluntern	6.34		5:33	265	13:24	573	13:24	66.31	6:09:36	5:34	1	6:09:36	1	6:09:36
Forch	11.30		5:06	192	19:08	338	19:08	77.61	7:07:24	5:30	1	7:07:24	1	7:07:24
Egg	8.75		5:02	164	11:56	263	11:56	86.36	7:51:31	5:27	1	7:51:31	1	7:51:31
Zumikon	12.99		5:24	245	23:17	476	23:17	99.35	9:01:47	5:27	1	9:01:47	1	9:01:47
Witikon	6.91		5:33	295	17:21	694	17:21	106.26	9:40:10	5:27	1	9:40:10	1	9:40:10
Fluntern	4.90		4:32	114	5:56	163	5:56	111.16	10:02:25	5:25	1	10:02:25	1	10:02:25
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:27	89	6:30	141	6:30	116.80	10:27:34	5:22	283	3:35:38	510	3:35:38