



38. SOLA-Stafette

Zürich / 07.05.2011

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TSV Zumikon

□□: G_ste

□□: 815

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:24:38

□□: 12.33 km/h

□□□□: 4:52 min/km

□□□□□: 117 (of 790)

□□□□□□: 6:52:28

□□□□□: 109(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:38	246	9:00	502	9:00	4.40	24:49	5:38	1	24:49	1	24:49
Buchlern	13.25		4:16	115	13:43	161	13:43	17.65	1:21:33	4:37	1	1:21:33	1	1:21:33
Uetliberg	6.20		5:53	175	10:54	293	10:54	23.85	1:58:03	4:56	1	1:58:03	1	1:58:03
Felsenegg	5.90		4:37	78	7:19	111	7:19	29.75	2:25:19	4:53	1	2:25:19	1	2:25:19
Buchlern	14.02		4:32	125	15:58	192	15:58	43.77	3:29:05	4:46	1	3:29:05	1	3:29:05
Hönggerberg	11.10		5:43	274	24:25	613	24:25	54.87	4:32:39	4:58	1	4:32:39	1	4:32:39
Irchel	5.10		4:24	60	5:43	83	5:43	59.97	4:55:08	4:55	1	4:55:08	1	4:55:08
Fluntern	6.34		4:57	165	9:39	277	9:39	66.31	5:26:35	4:55	1	5:26:35	1	5:26:35
Forch	11.30		4:54	155	16:52	237	16:52	77.61	6:22:07	4:55	1	6:22:07	1	6:22:07
Egg	8.75		4:45	101	9:25	140	9:25	86.36	7:03:43	4:54	1	7:03:43	1	7:03:43
Zumikon	12.99		4:44	126	14:38	178	14:38	99.35	8:05:20	4:53	1	8:05:20	1	8:05:20
Witikon	6.91		4:18	122	8:47	201	8:47	106.26	8:35:09	4:50	1	8:35:09	1	8:35:09
Fluntern	4.90		3:55	31	2:55	36	2:55	111.16	8:54:23	4:48	1	8:54:23	1	8:54:23
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Irchel	5.64		5:21	254	11:36	546	11:36	116.80	9:24:38	4:50	112	2:32:42	124	2:32:42