



38. SOLA-Stafette

Zürich / 07.05.2011

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Züri Ski Sprinters

□□: G_ste

□□: 816

□□: 116.80 km

Sola-Stafette

□□□□:

Schnelle

□□□: 9:35:45

□□: 12.09 km/h

□□□□: 4:58 min/km

□□□□□: 162 (of 790)

□□□□□□: 6:52:28

□□□□□: 144(of 313)

□□□□□□□: 6:52:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:54	102	5:49	165	5:49	4.40	21:38	4:54	1	21:38	1	21:38
Buchlern	13.25		4:38	206	18:25	356	18:25	17.65	1:23:04	4:42	1	1:23:04	1	1:23:04
Uetliberg	6.20		6:14	229	13:05	447	13:05	23.85	2:01:45	5:06	1	2:01:45	1	2:01:45
Felsenegg	5.90		4:46	107	8:11	172	8:11	29.75	2:29:53	5:02	1	2:29:53	1	2:29:53
Buchlern	14.02		4:34	131	16:19	202	16:19	43.77	3:34:00	4:53	1	3:34:00	1	3:34:00
Hönggerberg	11.10		5:02	182	16:51	326	16:51	54.87	4:30:00	4:55	1	4:30:00	1	4:30:00
Irchel	5.10		5:10	179	9:37	319	9:37	59.97	4:56:23	4:56	1	4:56:23	1	4:56:23
Fluntern	6.34		5:15	231	11:34	442	11:34	66.31	5:29:45	4:58	1	5:29:45	1	5:29:45
Forch	11.30		5:23	238	22:16	476	22:16	77.61	6:30:41	5:02	1	6:30:41	1	6:30:41
Egg	8.75		4:43	93	9:10	125	9:10	86.36	7:12:02	5:00	1	7:12:02	1	7:12:02
Zumikon	12.99		5:14	217	21:06	397	21:06	99.35	8:20:07	5:02	1	8:20:07	1	8:20:07
Witikon	6.91		4:19	124	8:50	206	8:50	106.26	8:49:59	4:59	1	8:49:59	1	8:49:59
Fluntern	4.90		4:58	193	8:06	321	8:06	111.16	9:14:24	4:59	1	9:14:24	1	9:14:24
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Irchel	5.64		3:47	25	2:42	28	2:42	116.80	9:35:45	4:55	148	2:43:49	171	2:43:49