



38. SOLA-Stafette

Zürich / 07.05.2011

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meyerlustenberger

□□: Alumni
□□: 269

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:04:46

□□: 10.54 km/h
□□□□: 5:41 min/km

□□□□□: 693 (of 790)

□□□□□□: 6:52:28

□□□□□: 394(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:52	51	4:13	150	5:36	4.40	21:25	4:52	1	21:25	1	21:25
Buchlern	13.25		4:58	297	18:28	558	22:58	17.65	1:27:24	4:57	1	1:27:24	1	1:27:24
Uetliberg	6.20		6:13	218	9:24	444	13:00	23.85	2:06:00	5:16	1	2:06:00	1	2:06:00
Felsenegg	5.90		4:42	56	5:10	149	7:51	29.75	2:33:48	5:10	1	2:33:48	1	2:33:48
Buchlern	14.02		6:04	430	33:21	735	37:22	43.77	3:58:58	5:27	1	3:58:58	1	3:58:58
Hönggerberg	11.10		6:12	420	27:02	715	29:43	54.87	5:07:50	5:36	1	5:07:50	1	5:07:50
Irchel	5.10		5:24	190	8:27	409	10:47	59.97	5:35:23	5:35	1	5:35:23	1	5:35:23
Fluntern	6.34		6:05	401	14:43	697	16:48	66.31	6:13:59	5:38	1	6:13:59	1	6:13:59
Forch	11.30		6:08	403	27:47	704	30:39	77.61	7:23:18	5:42	1	7:23:18	1	7:23:18
Egg	8.75		6:20	431	22:03	731	23:17	86.36	8:18:46	5:46	1	8:18:46	1	8:18:46
Zumikon	12.99		5:13	172	14:43	386	20:52	99.35	9:26:37	5:42	1	9:26:37	1	9:26:37
Witikon	6.91		5:14	333	12:25	604	15:13	106.26	10:02:52	5:40	1	10:02:52	1	10:02:52
Fluntern	4.90		5:52	335	11:57	611	12:29	111.16	10:31:40	5:40	1	10:31:40	1	10:31:40
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Irchel	5.64		5:52	383	12:53	677	14:27	116.80	11:04:46	5:41	405	2:54:34	711	4:12:50