



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## The Quenching Dreamers

□□: ETH

□□: 125

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:32:12

□□: 11.09 km/h

□□□□: 5:24 min/km

□□□□□: 522 (of 790)

□□□□□□: 6:52:28

□□□□□: 240(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:31	429	11:31	730	12:54	4.40	28:43	6:31	1	28:43	1	28:43
Buchlern	13.25		5:17	384	22:37	671	27:07	17.65	1:38:51	5:36	1	1:38:51	1	1:38:51
Uetliberg	6.20		6:52	354	13:28	642	17:04	23.85	2:21:31	5:56	1	2:21:31	1	2:21:31
Felsenegg	5.90		5:17	184	8:35	390	11:16	29.75	2:52:44	5:48	1	2:52:44	1	2:52:44
Buchlern	14.02		4:08	13	6:21	64	10:22	43.77	3:50:54	5:16	1	3:50:54	1	3:50:54
Hönggerberg	11.10		5:41	332	21:23	603	24:04	54.87	4:54:07	5:21	1	4:54:07	1	4:54:07
Irchel	5.10		6:05	341	11:56	624	14:16	59.97	5:25:09	5:25	1	5:25:09	1	5:25:09
Fluntern	6.34		5:52	363	13:20	649	15:25	66.31	6:02:22	5:27	1	6:02:22	1	6:02:22
Forch	11.30		4:54	81	13:54	231	16:46	77.61	6:57:48	5:22	1	6:57:48	1	6:57:48
Egg	8.75		5:24	220	13:56	454	15:10	86.36	7:45:09	5:23	1	7:45:09	1	7:45:09
Zumikon	12.99		5:29	264	18:09	522	24:18	99.35	8:56:26	5:23	1	8:56:26	1	8:56:26
Witikon	6.91		5:42	412	15:35	712	18:23	106.26	9:35:51	5:25	1	9:35:51	1	9:35:51
Fluntern	4.90		5:35	264	10:31	520	11:03	111.16	10:03:13	5:25	1	10:03:13	1	10:03:13
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Irchel	5.64		5:08	222	8:46	446	10:20	116.80	10:32:12	5:24	251	2:22:00	540	3:40:16