



38. SOLA-Stafette

Zürich / 07.05.2011

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A.V. Amicitia AH2

□□: Alumni

□□: 148

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:30

□□: 10.70 km/h

□□□□: 5:34 min/km

□□□□□: 629 (of 790)

□□□□□□: 6:52:28

□□□□□: 335(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:07	111	5:23	270	6:46	4.40	22:35	5:07	1	22:35	1	22:35
Buchlern	13.25		4:49	231	16:19	471	20:49	17.65	1:26:25	4:53	1	1:26:25	1	1:26:25
Uetliberg	6.20		6:57	367	13:58	658	17:34	23.85	2:09:35	5:25	1	2:09:35	1	2:09:35
Felsenegg	5.90		5:11	154	7:57	344	10:38	29.75	2:40:10	5:23	1	2:40:10	1	2:40:10
Buchlern	14.02		5:32	365	25:59	651	30:00	43.77	3:57:58	5:26	1	3:57:58	1	3:57:58
Hönggerberg	11.10		5:09	177	15:30	382	18:11	54.87	4:55:18	5:22	1	4:55:18	1	4:55:18
Irchel	5.10		5:37	237	9:35	484	11:55	59.97	5:23:59	5:24	1	5:23:59	1	5:23:59
Fluntern	6.34		4:40	54	5:46	158	7:51	66.31	5:53:38	5:19	1	5:53:38	1	5:53:38
Forch	11.30		7:23	470	42:05	783	44:57	77.61	7:17:15	5:38	1	7:17:15	1	7:17:15
Egg	8.75		5:26	228	14:15	468	15:29	86.36	8:04:55	5:36	1	8:04:55	1	8:04:55
Zumikon	12.99		5:43	320	21:10	604	27:19	99.35	9:19:13	5:37	1	9:19:13	1	9:19:13
Witikon	6.91		4:20	85	6:08	213	8:56	106.26	9:49:11	5:32	1	9:49:11	1	9:49:11
Fluntern	4.90		5:03	150	7:56	362	8:28	111.16	10:13:58	5:31	1	10:13:58	1	10:13:58
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:28	448	16:19	758	17:53	116.80	10:50:30	5:34	347	2:40:18	648	3:58:34