



38. SOLA-Stafette

Zürich / 07.05.2011

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AAKZ

□□: Alumni

□□: 149

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:09:25

□□: 11.50 km/h

□□□□: 5:13 min/km

□□□□□: 372 (of 790)

□□□□□□: 6:52:28

□□□□□: 126(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		6:29	424	11:21	724	12:44	4.40	28:33	6:29	1	28:33	1	28:33
Buchlern	13.25		4:31	114	12:20	286	16:50	17.65	1:28:24	5:00	1	1:28:24	1	1:28:24
Uetliberg	6.20		6:55	358	13:42	648	17:18	23.85	2:11:18	5:30	1	2:11:18	1	2:11:18
Felsenegg	5.90		5:33	266	10:10	508	12:51	29.75	2:44:06	5:30	1	2:44:06	1	2:44:06
Buchlern	14.02		5:07	240	19:58	481	23:59	43.77	3:55:53	5:23	1	3:55:53	1	3:55:53
Hönggerberg	11.10		5:42	334	21:31	607	24:12	54.87	4:59:14	5:27	1	4:59:14	1	4:59:14
Irchel	5.10		5:29	207	8:52	437	11:12	59.97	5:27:12	5:27	1	5:27:12	1	5:27:12
Fluntern	6.34		5:35	316	11:32	581	13:37	66.31	6:02:37	5:28	1	6:02:37	1	6:02:37
Forch	11.30		4:51	68	13:25	206	16:17	77.61	6:57:34	5:22	1	6:57:34	1	6:57:34
Egg	8.75		5:02	98	10:41	260	11:55	86.36	7:41:40	5:20	1	7:41:40	1	7:41:40
Zumikon	12.99		5:07	139	13:27	340	19:36	99.35	8:48:15	5:19	1	8:48:15	1	8:48:15
Witikon	6.91		4:01	24	3:58	84	6:46	106.26	9:16:03	5:13	1	9:16:03	1	9:16:03
Fluntern	4.90		5:00	135	7:40	334	8:12	111.16	9:40:34	5:13	1	9:40:34	1	9:40:34
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Irchel	5.64		5:06	216	8:38	436	10:12	116.80	10:09:25	5:13	137	1:59:13	389	3:17:29