



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## AGRIDEAthleten

□□: Alumni

□□: 156

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:11:15

□□: 11.47 km/h

□□□□: 5:13 min/km

□□□□□: 385 (of 790)

□□□□□□: 6:52:28

□□□□□: 134(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:34	26	2:58	86	4:21	4.40	20:10	4:34	1	20:10	1	20:10
Buchlern	13.25		3:35	1	-	13	4:30	17.65	1:07:41	3:50	1	1:07:41	1	1:07:41
Uetliberg	6.20		7:30	428	17:24	729	21:00	23.85	1:54:17	4:47	1	1:54:17	1	1:54:17
Felsenegg	5.90		5:52	343	12:02	618	14:43	29.75	2:28:57	5:00	1	2:28:57	1	2:28:57
Buchlern	14.02		4:10	16	6:36	70	10:37	43.77	3:27:22	4:44	1	3:27:22	1	3:27:22
Hönggerberg	11.10		5:29	272	19:05	522	21:46	54.87	4:28:17	4:53	1	4:28:17	1	4:28:17
Irchel	5.10		5:32	220	9:09	457	11:29	59.97	4:56:32	4:56	1	4:56:32	1	4:56:32
Fluntern	6.34		5:44	340	12:34	620	14:39	66.31	5:32:59	5:01	1	5:32:59	1	5:32:59
Forch	11.30		5:06	143	16:12	334	19:04	77.61	6:30:43	5:02	1	6:30:43	1	6:30:43
Egg	8.75		5:20	200	13:17	417	14:31	86.36	7:17:25	5:03	1	7:17:25	1	7:17:25
Zumikon	12.99		5:30	268	18:28	530	24:37	99.35	8:29:01	5:07	1	8:29:01	1	8:29:01
Witikon	6.91		4:56	263	10:19	508	13:07	106.26	9:03:10	5:06	1	9:03:10	1	9:03:10
Fluntern	4.90		5:00	135	7:40	334	8:12	111.16	9:27:41	5:06	1	9:27:41	1	9:27:41
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Irchel	5.64		7:43	474	23:21	787	24:55	116.80	10:11:15	5:13	145	2:01:03	402	3:19:19