



38. SOLA-Stafette

Zürich / 07.05.2011

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AK.rennt

□□: Alumni

□□: 160

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:37:16

□□: 11.00 km/h

□□□□: 5:27 min/km

□□□□□: 558 (of 790)

□□□□□□: 6:52:28

□□□□□: 270(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:12	392	10:06	677	11:29	4.40	27:18	6:12	1	27:18	1	27:18
Buchlern	13.25		4:20	63	10:06	197	14:36	17.65	1:24:55	4:48	1	1:24:55	1	1:24:55
Uetliberg	6.20		6:35	307	11:40	572	15:16	23.85	2:05:47	5:16	1	2:05:47	1	2:05:47
Felsenegg	5.90		5:57	366	12:33	648	15:14	29.75	2:40:58	5:24	1	2:40:58	1	2:40:58
Buchlern	14.02		6:23	455	37:45	763	41:46	43.77	4:10:32	5:43	1	4:10:32	1	4:10:32
Hönggerberg	11.10		4:16	15	5:32	50	8:13	54.87	4:57:54	5:25	1	4:57:54	1	4:57:54
Irchel	5.10		4:28	27	3:44	94	6:04	59.97	5:20:44	5:20	1	5:20:44	1	5:20:44
Fluntern	6.34		5:15	211	9:28	441	11:33	66.31	5:54:05	5:20	1	5:54:05	1	5:54:05
Forch	11.30		5:52	373	24:53	664	27:45	77.61	7:00:30	5:25	1	7:00:30	1	7:00:30
Egg	8.75		5:13	148	12:18	340	13:32	86.36	7:46:13	5:23	1	7:46:13	1	7:46:13
Zumikon	12.99		5:39	305	20:26	578	26:35	99.35	8:59:47	5:25	1	8:59:47	1	8:59:47
Witikon	6.91		4:39	160	8:22	361	11:10	106.26	9:31:59	5:22	1	9:31:59	1	9:31:59
Fluntern	4.90		6:29	425	14:57	729	15:29	111.16	10:03:47	5:25	1	10:03:47	1	10:03:47
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:56	390	13:16	687	14:50	116.80	10:37:16	5:27	281	2:27:04	576	3:45:20