



38. SOLA-Stafette

Zürich / 07.05.2011

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alpha-capella

□□: Alumni

□□: 165

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:16:44

□□: 10.28 km/h

□□□□: 5:47 min/km

□□□□□: 723 (of 790)

□□□□□□: 6:52:28

□□□□□: 420(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:24	188	6:35	393	7:58	4.40	23:47	5:24	1	23:47	1	23:47
Buchlern	13.25		5:49	454	29:39	758	34:09	17.65	1:40:57	5:43	1	1:40:57	1	1:40:57
Uetliberg	6.20		5:58	144	7:50	337	11:26	23.85	2:17:59	5:47	1	2:17:59	1	2:17:59
Felsenegg	5.90		6:54	451	18:07	759	20:48	29.75	2:58:44	6:00	1	2:58:44	1	2:58:44
Buchlern	14.02		4:57	186	17:38	401	21:39	43.77	4:08:11	5:40	1	4:08:11	1	4:08:11
Hönggerberg	11.10		5:56	390	24:06	675	26:47	54.87	5:14:07	5:43	1	5:14:07	1	5:14:07
Irchel	5.10		9:02	473	26:59	785	29:19	59.97	6:00:12	6:00	1	6:00:12	1	6:00:12
Fluntern	6.34		5:22	258	10:14	505	12:19	66.31	6:34:19	5:56	1	6:34:19	1	6:34:19
Forch	11.30		5:35	298	21:42	566	24:34	77.61	7:37:33	5:53	1	7:37:33	1	7:37:33
Egg	8.75		5:41	312	16:25	578	17:39	86.36	8:27:23	5:52	1	8:27:23	1	8:27:23
Zumikon	12.99		5:26	248	17:35	502	23:44	99.35	9:38:06	5:49	1	9:38:06	1	9:38:06
Witikon	6.91		5:24	372	13:33	655	16:21	106.26	10:15:29	5:47	1	10:15:29	1	10:15:29
Fluntern	4.90		5:17	206	9:07	446	9:39	111.16	10:41:27	5:46	1	10:41:27	1	10:41:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:15	432	15:04	741	16:38	116.80	11:16:44	5:47	432	3:06:32	743	4:24:48