



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## AN-PI-MO-NI-FE & Co

□□: Alumni

□□: 170

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:54:07

□□: 10.71 km/h

□□□□: 5:36 min/km

□□□□□: 643 (of 790)

□□□□□□: 6:52:28

□□□□□: 349(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		5:40	267	7:48	521	9:11	4.40	25:00	5:40	1	25:00	1	25:00	
Buchlern	13.25		4:45	205	15:38	433	20:08	17.65	1:28:09	4:59	1	1:28:09	1	1:28:09	
Uetliberg	6.20		6:56	363	13:50	654	17:26	23.85	2:11:11	5:30	1	2:11:11	1	2:11:11	
Felsenegg	5.90		6:32	432	15:58	734	18:39	29.75	2:49:47	5:42	1	2:49:47	1	2:49:47	
Buchlern	14.02		6:23	456	37:53	764	41:54	43.77	4:19:29	5:55	1	4:19:29	1	4:19:29	
Hönggerberg	11.10		5:30	279	19:18	533	21:59	54.87	5:20:37	5:50	1	5:20:37	1	5:20:37	
Irchel	5.10		5:57	313	11:18	589	13:38	59.97	5:51:01	5:51	1	5:51:01	1	5:51:01	
Fluntern	6.34		4:44	60	6:09	173	8:14	66.31	6:21:03	5:44	1	6:21:03	1	6:21:03	
Forch	11.30		5:32	291	21:10	554	24:02	77.61	7:23:45	5:43	1	7:23:45	1	7:23:45	
Egg	8.75		6:18	423	21:47	723	23:01	86.36	8:18:57	5:46	1	8:18:57	1	8:18:57	
Zumikon	12.99		5:41	314	20:51	590	27:00	99.35	9:32:56	5:46	1	9:32:56	1	9:32:56	
Witikon	6.91		4:43	191	8:52	407	11:40	106.26	10:05:38	5:41	1	10:05:38	1	10:05:38	
Fluntern	4.90		4:40	65	6:02	206	6:34	111.16	10:28:31	5:39	1	10:28:31	1	10:28:31	
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-	
Irchel	5.64		4:32	69	5:23	176	6:57	116.80	10:54:07	5:36	361	2:43:55	662	4:02:11	