



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Bezirksgericht Hinwil

□□: Alumni

□□: 182

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:17:49

□□: 11.27 km/h

□□□□: 5:17 min/km

□□□□□: 420 (of 790)

□□□□□□: 6:52:28

□□□□□: 159(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:23	185	6:32	388	7:55	4.40	23:44	5:23	1	23:44	1	23:44
Buchlern	13.25		4:44	194	15:15	416	19:45	17.65	1:26:30	4:54	1	1:26:30	1	1:26:30
Uetliberg	6.20		5:55	128	7:33	311	11:09	23.85	2:03:15	5:10	1	2:03:15	1	2:03:15
Felsenegg	5.90		5:24	212	9:14	433	11:55	29.75	2:35:07	5:12	1	2:35:07	1	2:35:07
Buchlern	14.02		5:21	308	23:17	579	27:18	43.77	3:50:13	5:15	1	3:50:13	1	3:50:13
Hönggerberg	11.10		5:50	366	23:03	647	25:44	54.87	4:55:06	5:22	1	4:55:06	1	4:55:06
Irchel	5.10		5:23	186	8:22	399	10:42	59.97	5:22:34	5:22	1	5:22:34	1	5:22:34
Fluntern	6.34		4:39	51	5:39	150	7:44	66.31	5:52:06	5:18	1	5:52:06	1	5:52:06
Forch	11.30		5:19	218	18:43	445	21:35	77.61	6:52:21	5:18	1	6:52:21	1	6:52:21
Egg	8.75		5:07	127	11:30	309	12:44	86.36	7:37:16	5:17	1	7:37:16	1	7:37:16
Zumikon	12.99		5:50	361	22:50	651	28:59	99.35	8:53:14	5:22	1	8:53:14	1	8:53:14
Witikon	6.91		4:23	95	6:29	235	9:17	106.26	9:23:33	5:18	1	9:23:33	1	9:23:33
Fluntern	4.90		5:41	291	11:00	557	11:32	111.16	9:51:24	5:19	1	9:51:24	1	9:51:24
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Irchel	5.64		4:41	109	6:12	255	7:46	116.80	10:17:49	5:17	170	2:07:37	437	3:25:53