



38. SOLA-Stafette

Zürich / 07.05.2011

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Chirurgie Münsterlingen

□□: Alumni

□□: 192

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:48:21

□□: 11.91 km/h

□□□□: 5:02 min/km

□□□□□: 227 (of 790)

□□□□□□: 6:52:28

□□□□□: 40(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:10	123	5:33	287	6:56	4.40	22:45	5:10	1	22:45	1	22:45
Buchlern	13.25		4:46	216	15:47	446	20:17	17.65	1:26:03	4:52	1	1:26:03	1	1:26:03
Uetliberg	6.20		5:42	86	6:10	225	9:46	23.85	2:01:25	5:05	1	2:01:25	1	2:01:25
Felsenegg	5.90		5:36	278	10:26	525	13:07	29.75	2:34:29	5:11	1	2:34:29	1	2:34:29
Buchlern	14.02		5:16	288	22:11	554	26:12	43.77	3:48:29	5:13	1	3:48:29	1	3:48:29
Hönggerberg	11.10		4:51	101	12:06	245	14:47	54.87	4:42:25	5:08	1	4:42:25	1	4:42:25
Irchel	5.10		5:20	173	8:06	381	10:26	59.97	5:09:37	5:09	1	5:09:37	1	5:09:37
Fluntern	6.34		4:11	8	2:42	40	4:47	66.31	5:36:12	5:04	1	5:36:12	1	5:36:12
Forch	11.30		5:49	355	24:17	644	27:09	77.61	6:42:01	5:10	1	6:42:01	1	6:42:01
Egg	8.75		5:10	138	11:53	325	13:07	86.36	7:27:19	5:10	1	7:27:19	1	7:27:19
Zumikon	12.99		4:29	21	5:08	86	11:17	99.35	8:25:35	5:05	1	8:25:35	1	8:25:35
Witikon	6.91		4:49	225	9:29	457	12:17	106.26	8:58:54	5:04	1	8:58:54	1	8:58:54
Fluntern	4.90		5:02	148	7:52	358	8:24	111.16	9:23:37	5:04	1	9:23:37	1	9:23:37
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:23	43	4:31	116	6:05	116.80	9:48:21	5:02	48	1:38:09	241	2:56:25