



38. SOLA-Stafette

Zürich / 07.05.2011

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DDangouros

□□: Alumni
□□: 200

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:25:22

□□: 11.21 km/h
□□□□: 5:21 min/km

□□□□□: 478 (of 790)

□□□□□□: 6:52:28

□□□□□: 204(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:53	325	8:43	589	10:06	4.40	25:55	5:53	1	25:55	1	25:55
Buchlern	13.25		4:55	275	17:41	531	22:11	17.65	1:31:07	5:09	1	1:31:07	1	1:31:07
Uetliberg	6.20		6:14	220	9:30	449	13:06	23.85	2:09:49	5:26	1	2:09:49	1	2:09:49
Felsenegg	5.90		5:25	216	9:21	437	12:02	29.75	2:41:48	5:26	1	2:41:48	1	2:41:48
Buchlern	14.02		4:29	53	11:03	167	15:04	43.77	3:44:40	5:07	1	3:44:40	1	3:44:40
Hönggerberg	11.10		5:17	217	16:49	438	19:30	54.87	4:43:19	5:09	1	4:43:19	1	4:43:19
Irchel	5.10		6:04	339	11:53	622	14:13	59.97	5:14:18	5:14	1	5:14:18	1	5:14:18
Fluntern	6.34		5:21	249	10:04	494	12:09	66.31	5:48:15	5:15	1	5:48:15	1	5:48:15
Forch	11.30		5:24	246	19:38	485	22:30	77.61	6:49:25	5:16	1	6:49:25	1	6:49:25
Egg	8.75		5:24	220	13:56	454	15:10	86.36	7:36:46	5:17	1	7:36:46	1	7:36:46
Zumikon	12.99		5:52	368	23:13	658	29:22	99.35	8:53:07	5:21	1	8:53:07	1	8:53:07
Witikon	6.91		4:45	199	9:05	422	11:53	106.26	9:26:02	5:19	1	9:26:02	1	9:26:02
Fluntern	4.90		5:45	307	11:24	579	11:56	111.16	9:54:17	5:20	1	9:54:17	1	9:54:17
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Irchel	5.64		5:30	324	10:52	592	12:26	116.80	10:25:22	5:21	215	2:15:10	496	3:33:26