



38. SOLA-Stafette

Zürich / 07.05.2011

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Die rasenden Tagi-Reporter

□□: Alumni

□□: 204

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:33:07

□□: 11.07 km/h

□□□□: 5:25 min/km

□□□□□: 531 (of 790)

□□□□□□: 6:52:28

□□□□□: 249(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:28	19	2:30	69	3:53	4.40	19:42	4:28	1	19:42	1	19:42
Buchlern	13.25		4:45	205	15:38	433	20:08	17.65	1:22:51	4:41	1	1:22:51	1	1:22:51
Uetliberg	6.20		6:11	212	9:14	436	12:50	23.85	2:01:17	5:05	1	2:01:17	1	2:01:17
Felsenegg	5.90		4:52	87	6:08	216	8:49	29.75	2:30:03	5:02	1	2:30:03	1	2:30:03
Buchlern	14.02		5:41	380	27:56	670	31:57	43.77	3:49:48	5:15	1	3:49:48	1	3:49:48
Hönggerberg	11.10		5:30	276	19:15	530	21:56	54.87	4:50:53	5:18	1	4:50:53	1	4:50:53
Irchel	5.10		4:49	77	5:31	201	7:51	59.97	5:15:30	5:15	1	5:15:30	1	5:15:30
Fluntern	6.34		5:00	129	7:52	308	9:57	66.31	5:47:15	5:14	1	5:47:15	1	5:47:15
Forch	11.30		5:51	365	24:43	656	27:35	77.61	6:53:30	5:19	1	6:53:30	1	6:53:30
Egg	8.75		5:37	293	15:48	547	17:02	86.36	7:42:43	5:21	1	7:42:43	1	7:42:43
Zumikon	12.99		6:33	445	31:59	751	38:08	99.35	9:07:50	5:30	1	9:07:50	1	9:07:50
Witikon	6.91		4:18	80	5:59	201	8:47	106.26	9:37:39	5:26	1	9:37:39	1	9:37:39
Fluntern	4.90		5:09	174	8:25	395	8:57	111.16	10:02:55	5:25	1	10:02:55	1	10:02:55
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Irchel	5.64		5:21	289	9:59	541	11:33	116.80	10:33:07	5:25	260	2:22:55	549	3:41:11