



38. SOLA-Stafette

Zürich / 07.05.2011

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dream team

□□: Alumni

□□: 208

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:45:46

□□: 10.85 km/h

□□□□: 5:31 min/km

□□□□□: 602 (of 790)

□□□□□□: 6:52:28

□□□□□: 310(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		6:27	420	11:12	718	12:35	4.40	28:24	6:27	1	28:24	1	28:24	
Buchlern	13.25		3:59	11	5:19	65	9:49	17.65	1:21:14	4:36	1	1:21:14	1	1:21:14	
Uetliberg	6.20		6:49	343	13:05	626	16:41	23.85	2:03:31	5:10	1	2:03:31	1	2:03:31	
Felsenegg	5.90		5:07	143	7:37	324	10:18	29.75	2:33:46	5:10	1	2:33:46	1	2:33:46	
Buchlern	14.02		5:12	267	21:15	522	25:16	43.77	3:46:50	5:10	1	3:46:50	1	3:46:50	
Hönggerberg	11.10		4:53	108	12:24	255	15:05	54.87	4:41:04	5:07	1	4:41:04	1	4:41:04	
Irchel	5.10		5:56	305	11:10	580	13:30	59.97	5:11:20	5:11	1	5:11:20	1	5:11:20	
Fluntern	6.34		5:47	347	12:47	631	14:52	66.31	5:48:00	5:14	1	5:48:00	1	5:48:00	
Forch	11.30		6:17	422	29:30	728	32:22	77.61	6:59:02	5:23	1	6:59:02	1	6:59:02	
Egg	8.75		8:26	471	40:30	783	41:44	86.36	8:12:57	5:42	1	8:12:57	1	8:12:57	
Zumikon	12.99		5:04	128	12:46	320	18:55	99.35	9:18:51	5:37	1	9:18:51	1	9:18:51	
Witikon	6.91		4:47	214	9:18	441	12:06	106.26	9:51:59	5:34	1	9:51:59	1	9:51:59	
Fluntern	4.90		5:34	262	10:29	517	11:01	111.16	10:19:19	5:34	1	10:19:19	1	10:19:19	
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Irchel	5.64		4:41	110	6:14	257	7:48	116.80	10:45:46	5:31	322	2:35:34	621	3:53:50	