



38. SOLA-Stafette

Zürich / 07.05.2011

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ELEXIANER

□□: Alumni

□□: 213

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:05:26

□□: 11.50 km/h

□□□□: 5:11 min/km

□□□□□: 342 (of 790)

□□□□□□: 6:52:28

□□□□□: 107(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		5:29	212	6:56	432	8:19	4.40	24:08	5:29	1	24:08	1	24:08
Buchlern	13.25		4:39	161	14:11	370	18:41	17.65	1:25:50	4:51	1	1:25:50	1	1:25:50
Uetliberg	6.20		5:58	142	7:48	335	11:24	23.85	2:02:50	5:09	1	2:02:50	1	2:02:50
Felsenegg	5.90		4:52	89	6:10	219	8:51	29.75	2:31:38	5:05	1	2:31:38	1	2:31:38
Buchlern	14.02		5:31	359	25:42	644	29:43	43.77	3:49:09	5:14	1	3:49:09	1	3:49:09
Hönggerberg	11.10		4:57	123	13:16	284	15:57	54.87	4:44:15	5:10	1	4:44:15	1	4:44:15
Irchel	5.10		4:37	45	4:30	134	6:50	59.97	5:07:51	5:08	1	5:07:51	1	5:07:51
Fluntern	6.34		5:26	281	10:36	534	12:41	66.31	5:42:20	5:09	1	5:42:20	1	5:42:20
Forch	11.30		6:29	439	31:44	747	34:36	77.61	6:55:36	5:21	1	6:55:36	1	6:55:36
Egg	8.75		4:34	18	6:35	88	7:49	86.36	7:35:36	5:16	1	7:35:36	1	7:35:36
Zumikon	12.99		4:44	52	8:25	176	14:34	99.35	8:37:09	5:12	1	8:37:09	1	8:37:09
Witikon	6.91		5:06	307	11:28	567	14:16	106.26	9:12:27	5:11	1	9:12:27	1	9:12:27
Fluntern	4.90		5:41	291	11:00	557	11:32	111.16	9:40:18	5:13	1	9:40:18	1	9:40:18
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Irchel	5.64		4:27	52	4:55	138	6:29	116.80	10:05:26	5:11	117	1:55:14	358	3:13:30