



38. SOLA-Stafette

Zürich / 07.05.2011

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F.A.O.A.O Deadants

□□: Alumni
□□: 219

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:13:31

□□: 10.33 km/h
□□□□: 5:45 min/km

□□□□□: 717 (of 790)

□□□□□□: 6:52:28

□□□□□: 415(of 477)

□□□□□□□: 8:43:10

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Hönggerberg	4.40		6:22	410	10:50	706	12:13	4.40	28:02	6:22	1	28:02	1	28:02
Buchlern	13.25		5:07	341	20:27	620	24:57	17.65	1:36:00	5:26	1	1:36:00	1	1:36:00
Uetliberg	6.20		6:36	309	11:44	574	15:20	23.85	2:16:56	5:44	1	2:16:56	1	2:16:56
Felsenegg	5.90		5:55	357	12:21	638	15:02	29.75	2:51:55	5:46	1	2:51:55	1	2:51:55
Buchlern	14.02		6:02	426	32:57	730	36:58	43.77	4:16:41	5:51	1	4:16:41	1	4:16:41
Hönggerberg	11.10		6:09	418	26:28	710	29:09	54.87	5:24:59	5:55	1	5:24:59	1	5:24:59
Irchel	5.10		6:37	419	14:43	718	17:03	59.97	5:58:48	5:58	1	5:58:48	1	5:58:48
Fluntern	6.34		6:27	439	17:01	744	19:06	66.31	6:39:42	6:01	1	6:39:42	1	6:39:42
Forch	11.30		5:17	208	18:20	428	21:12	77.61	7:39:34	5:55	1	7:39:34	1	7:39:34
Egg	8.75		5:06	117	11:16	294	12:30	86.36	8:24:15	5:50	1	8:24:15	1	8:24:15
Zumikon	12.99		5:11	159	14:12	367	20:21	99.35	9:31:35	5:45	1	9:31:35	1	9:31:35
Witikon	6.91		5:14	333	12:25	604	15:13	106.26	10:07:50	5:43	1	10:07:50	1	10:07:50
Fluntern	4.90		6:35	434	15:26	739	15:58	111.16	10:40:07	5:45	1	10:40:07	1	10:40:07
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Irchel	5.64		5:55	388	13:11	684	14:45	116.80	11:13:31	5:45	427	3:03:19	737	4:21:35