



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## FORSTWÛRTS

□□: Alumni

□□: 224

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:50:11

□□: 11.79 km/h

□□□□: 5:03 min/km

□□□□□: 235 (of 790)

□□□□□□: 6:52:28

□□□□□: 46(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:54	452	13:11	762	14:34	4.40	30:23	6:54	1	30:23	1	30:23
Buchlern	13.25		4:47	225	16:03	462	20:33	17.65	1:33:57	5:19	1	1:33:57	1	1:33:57
Uetliberg	6.20		5:49	104	6:57	268	10:33	23.85	2:10:06	5:27	1	2:10:06	1	2:10:06
Felsenegg	5.90		5:03	132	7:12	303	9:53	29.75	2:39:56	5:22	1	2:39:56	1	2:39:56
Buchlern	14.02		5:10	253	20:39	501	24:40	43.77	3:52:24	5:18	1	3:52:24	1	3:52:24
Hönggerberg	11.10		5:24	243	18:10	483	20:51	54.87	4:52:24	5:19	1	4:52:24	1	4:52:24
Irchel	5.10		5:52	293	10:51	563	13:11	59.97	5:22:21	5:22	1	5:22:21	1	5:22:21
Fluntern	6.34		4:54	95	7:12	249	9:17	66.31	5:53:26	5:19	1	5:53:26	1	5:53:26
Forch	11.30		4:21	14	7:38	61	10:30	77.61	6:42:36	5:11	1	6:42:36	1	6:42:36
Egg	8.75		5:30	256	14:48	497	16:02	86.36	7:30:49	5:13	1	7:30:49	1	7:30:49
Zumikon	12.99		4:29	23	5:11	88	11:20	99.35	8:29:08	5:07	1	8:29:08	1	8:29:08
Witikon	6.91		4:17	69	5:46	181	8:34	106.26	8:58:44	5:04	1	8:58:44	1	8:58:44
Fluntern	4.90		4:49	88	6:46	258	7:18	111.16	9:22:21	5:03	1	9:22:21	1	9:22:21
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Irchel	5.64		4:56	165	7:37	354	9:11	116.80	9:50:11	5:03	54	1:39:59	249	2:58:15