



38. SOLA-Stafette

Zürich / 07.05.2011

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Free University of Kastanienbaum

□□□: 10:22:18

□□: Alumni

□□: 11.18 km/h

□□: 225

□□□□: 5:19 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 452 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 183(of 477)

Langsame

□□□□□□□: 8:43:10

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		5:55	330	8:53	595	10:16	4.40	26:05	5:55	1	26:05	1	26:05
Buchlern	13.25		4:42	184	14:47	403	19:17	17.65	1:28:23	5:00	1	1:28:23	1	1:28:23
Uetliberg	6.20		5:46	101	6:36	254	10:12	23.85	2:04:11	5:12	1	2:04:11	1	2:04:11
Felsenegg	5.90		5:45	315	11:18	574	13:59	29.75	2:38:07	5:18	1	2:38:07	1	2:38:07
Buchlern	14.02		5:00	205	18:21	432	22:22	43.77	3:48:17	5:12	1	3:48:17	1	3:48:17
Hönggerberg	11.10		5:28	266	18:59	515	21:40	54.87	4:49:06	5:16	1	4:49:06	1	4:49:06
Irchel	5.10		5:24	191	8:28	410	10:48	59.97	5:16:40	5:16	1	5:16:40	1	5:16:40
Fluntern	6.34		4:49	74	6:42	206	8:47	66.31	5:47:15	5:14	1	5:47:15	1	5:47:15
Forch	11.30		5:42	325	22:59	604	25:51	77.61	6:51:46	5:18	1	6:51:46	1	6:51:46
Egg	8.75		5:30	256	14:48	497	16:02	86.36	7:39:59	5:19	1	7:39:59	1	7:39:59
Zumikon	12.99		5:34	285	19:16	554	25:25	99.35	8:52:23	5:21	1	8:52:23	1	8:52:23
Witikon	6.91		5:14	331	12:22	602	15:10	106.26	9:28:35	5:21	1	9:28:35	1	9:28:35
Fluntern	4.90		5:06	160	8:09	378	8:41	111.16	9:53:35	5:20	1	9:53:35	1	9:53:35
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:05	208	8:30	420	10:04	116.80	10:22:18	5:19	194	2:12:06	470	3:30:22