



38. SOLA-Stafette

Zürich / 07.05.2011

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graduates@swissre and friends

□□: Alumni

□□: 228

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:44:08

□□: 10.81 km/h

□□□□: 5:30 min/km

□□□□□: 596 (of 790)

□□□□□□: 6:52:28

□□□□□: 306(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:55	331	8:54	596	10:17	4.40	26:06	5:55	1	26:06	1	26:06
Buchlern	13.25		5:01	312	19:08	581	23:38	17.65	1:32:45	5:15	1	1:32:45	1	1:32:45
Uetliberg	6.20		8:33	465	23:52	775	27:28	23.85	2:25:49	6:06	1	2:25:49	1	2:25:49
Felsenegg	5.90		7:23	468	21:00	780	23:41	29.75	3:09:27	6:22	1	3:09:27	1	3:09:27
Buchlern	14.02		5:06	238	19:55	479	23:56	43.77	4:21:11	5:58	1	4:21:11	1	4:21:11
Hönggerberg	11.10		5:31	284	19:25	540	22:06	54.87	5:22:26	5:52	1	5:22:26	1	5:22:26
Irchel	5.10		5:02	111	6:37	273	8:57	59.97	5:48:09	5:48	1	5:48:09	1	5:48:09
Fluntern	6.34		6:05	403	14:46	699	16:51	66.31	6:26:48	5:49	1	6:26:48	1	6:26:48
Forch	11.30		4:45	54	12:17	175	15:09	77.61	7:20:37	5:40	1	7:20:37	1	7:20:37
Egg	8.75		5:16	164	12:41	368	13:55	86.36	8:06:43	5:38	1	8:06:43	1	8:06:43
Zumikon	12.99		4:59	99	11:37	273	17:46	99.35	9:11:28	5:33	1	9:11:28	1	9:11:28
Witikon	6.91		4:41	178	8:36	385	11:24	106.26	9:43:54	5:29	1	9:43:54	1	9:43:54
Fluntern	4.90		5:55	347	12:12	627	12:44	111.16	10:12:57	5:30	1	10:12:57	1	10:12:57
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Irchel	5.64		5:31	330	10:58	599	12:32	116.80	10:44:08	5:30	318	2:33:56	615	3:52:12