



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Hängger Jogger

□□: Alumni

□□: 236

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:45:29

□□: 11.97 km/h

□□□□: 5:00 min/km

□□□□□: 214 (of 790)

□□□□□□: 6:52:28

□□□□□: 34(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:43	278	7:58	532	9:21	4.40	25:10	5:43	1	25:10	1	25:10
Buchlern	13.25		4:33	130	12:50	320	17:20	17.65	1:25:31	4:50	1	1:25:31	1	1:25:31
Uetliberg	6.20		5:12	22	3:07	75	6:43	23.85	1:57:50	4:56	1	1:57:50	1	1:57:50
Felsenegg	5.90		3:57	2	0:46	14	3:27	29.75	2:21:14	4:44	1	2:21:14	1	2:21:14
Buchlern	14.02		4:49	140	15:50	320	19:51	43.77	3:28:53	4:46	1	3:28:53	1	3:28:53
Hönggerberg	11.10		4:23	26	6:53	75	9:34	54.87	4:17:36	4:41	1	4:17:36	1	4:17:36
Irchel	5.10		5:09	136	7:13	311	9:33	59.97	4:43:55	4:44	1	4:43:55	1	4:43:55
Fluntern	6.34		5:14	208	9:24	436	11:29	66.31	5:17:12	4:47	1	5:17:12	1	5:17:12
Forch	11.30		5:25	252	19:48	494	22:40	77.61	6:18:32	4:52	1	6:18:32	1	6:18:32
Egg	8.75		6:01	380	19:16	668	20:30	86.36	7:11:13	4:59	1	7:11:13	1	7:11:13
Zumikon	12.99		5:25	240	17:21	487	23:30	99.35	8:21:42	5:02	1	8:21:42	1	8:21:42
Witikon	6.91		4:13	55	5:19	149	8:07	106.26	8:50:51	4:59	1	8:50:51	1	8:50:51
Fluntern	4.90		5:53	337	11:59	613	12:31	111.16	9:19:41	5:02	1	9:19:41	1	9:19:41
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Irchel	5.64		4:34	80	5:35	198	7:09	116.80	9:45:29	5:00	40	1:35:17	225	2:53:33