



38. SOLA-Stafette

Zürich / 07.05.2011

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Kamikaze

□□: Alumni

□□: 243

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:48:25

□□: 11.83 km/h

□□□□: 5:02 min/km

□□□□□: 229 (of 790)

□□□□□□: 6:52:28

□□□□□: 41(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:27	206	6:51	422	8:14	4.40	24:03	5:27	1	24:03	1	24:03
Buchlern	13.25		4:05	20	6:37	93	11:07	17.65	1:18:11	4:25	1	1:18:11	1	1:18:11
Uetliberg	6.20		7:37	435	18:02	737	21:38	23.85	2:05:25	5:15	1	2:05:25	1	2:05:25
Felsenegg	5.90		5:26	221	9:29	445	12:10	29.75	2:37:32	5:17	1	2:37:32	1	2:37:32
Buchlern	14.02		5:21	307	23:13	578	27:14	43.77	3:52:34	5:18	1	3:52:34	1	3:52:34
Hönggerberg	11.10		5:36	310	20:25	572	23:06	54.87	4:54:49	5:22	1	4:54:49	1	4:54:49
Irchel	5.10		3:57	4	1:06	24	3:26	59.97	5:15:01	5:15	1	5:15:01	1	5:15:01
Fluntern	6.34		4:56	106	7:24	265	9:29	66.31	5:46:18	5:13	1	5:46:18	1	5:46:18
Forch	11.30		4:36	36	10:31	126	13:23	77.61	6:38:21	5:07	1	6:38:21	1	6:38:21
Egg	8.75		4:17	9	4:06	42	5:20	86.36	7:15:52	5:02	1	7:15:52	1	7:15:52
Zumikon	12.99		5:50	358	22:46	648	28:55	99.35	8:31:46	5:09	1	8:31:46	1	8:31:46
Witikon	6.91		4:21	90	6:20	225	9:08	106.26	9:01:56	5:06	1	9:01:56	1	9:01:56
Fluntern	4.90		3:34	3	0:40	13	1:12	111.16	9:19:27	5:01	1	9:19:27	1	9:19:27
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:08	220	8:45	443	10:19	116.80	9:48:25	5:02	49	1:38:13	243	2:56:29