



38. SOLA-Stafette

Zürich / 07.05.2011

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Klybeckrunners

□□: Alumni
 □□: 246

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:08:31

□□: 11.44 km/h
 □□□□: 5:12 min/km

□□□□□: 365 (of 790)

□□□□□□: 6:52:28

□□□□□: 121(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		5:10	128	5:35	293	6:58	4.40	22:47	5:10	1	22:47	1	22:47		
Buchlern	13.25		4:53	263	17:23	513	21:53	17.65	1:27:41	4:58	1	1:27:41	1	1:27:41		
Uetliberg	6.20		7:40	437	18:23	739	21:59	23.85	2:15:16	5:40	1	2:15:16	1	2:15:16		
Felsenegg	5.90		4:43	59	5:15	156	7:56	29.75	2:43:09	5:29	1	2:43:09	1	2:43:09		
Buchlern	14.02		4:12	18	7:12	81	11:13	43.77	3:42:10	5:04	1	3:42:10	1	3:42:10		
Hönggerberg	11.10		5:33	300	19:50	558	22:31	54.87	4:43:50	5:10	1	4:43:50	1	4:43:50		
Irchel	5.10		5:39	245	9:46	495	12:06	59.97	5:12:42	5:12	1	5:12:42	1	5:12:42		
Fluntern	6.34		5:25	277	10:32	529	12:37	66.31	5:47:07	5:14	1	5:47:07	1	5:47:07		
Forch	11.30		5:24	243	19:32	481	22:24	77.61	6:48:11	5:15	1	6:48:11	1	6:48:11		
Egg	8.75		5:10	136	11:52	323	13:06	86.36	7:33:28	5:15	1	7:33:28	1	7:33:28		
Zumikon	12.99		5:55	375	23:46	670	29:55	99.35	8:50:22	5:20	1	8:50:22	1	8:50:22		
Witikon	6.91		4:03	30	4:12	94	7:00	106.26	9:18:24	5:15	1	9:18:24	1	9:18:24		
Fluntern	4.90		5:21	214	9:25	461	9:57	111.16	9:44:40	5:15	1	9:44:40	1	9:44:40		
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Irchel	5.64		4:13	22	3:38	76	5:12	116.80	10:08:31	5:12	132	1:58:19	382	3:16:35		