



38. SOLA-Stafette

Zürich / 07.05.2011

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KSBaden Runners

□□: Alumni

□□: 249

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:36:00

□□: 10.94 km/h

□□□□: 5:26 min/km

□□□□□: 550 (of 790)

□□□□□□: 6:52:28

□□□□□: 263(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:20	169	6:17	358	7:40	4.40	23:29	5:20	1	23:29	1	23:29
Buchlern	13.25		4:42	186	14:52	405	19:22	17.65	1:25:52	4:51	1	1:25:52	1	1:25:52
Uetliberg	6.20		6:43	327	12:29	600	16:05	23.85	2:07:33	5:20	1	2:07:33	1	2:07:33
Felsenegg	5.90		4:39	45	4:53	130	7:34	29.75	2:35:04	5:12	1	2:35:04	1	2:35:04
Buchlern	14.02		5:25	334	24:14	614	28:15	43.77	3:51:07	5:16	1	3:51:07	1	3:51:07
Hönggerberg	11.10		5:45	350	22:01	625	24:42	54.87	4:54:58	5:22	1	4:54:58	1	4:54:58
Irchel	5.10		6:14	361	12:46	651	15:06	59.97	5:26:50	5:26	1	5:26:50	1	5:26:50
Fluntern	6.34		6:07	410	14:57	707	17:02	66.31	6:05:40	5:30	1	6:05:40	1	6:05:40
Forch	11.30		5:29	270	20:28	521	23:20	77.61	7:07:40	5:30	1	7:07:40	1	7:07:40
Egg	8.75		5:48	341	17:28	618	18:42	86.36	7:58:33	5:32	1	7:58:33	1	7:58:33
Zumikon	12.99		5:12	163	14:27	375	20:36	99.35	9:06:08	5:29	1	9:06:08	1	9:06:08
Witikon	6.91		4:47	217	9:20	446	12:08	106.26	9:39:18	5:27	1	9:39:18	1	9:39:18
Fluntern	4.90		4:57	120	7:25	311	7:57	111.16	10:03:34	5:25	1	10:03:34	1	10:03:34
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Irchel	5.64		5:45	366	12:13	652	13:47	116.80	10:36:00	5:26	274	2:25:48	568	3:44:04