



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Legando läuft

□□: Alumni

□□: 253

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:07:34

□□: 10.50 km/h

□□□□: 5:42 min/km

□□□□□: 702 (of 790)

□□□□□□: 6:52:28

□□□□□: 401 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	166	6:15	353	7:38	4.40	23:27	5:19	1	23:27	1	23:27
Buchlern	13.25		4:46	210	15:42	439	20:12	17.65	1:26:40	4:54	1	1:26:40	1	1:26:40
Uetliberg	6.20		7:00	376	14:12	667	17:48	23.85	2:10:04	5:27	1	2:10:04	1	2:10:04
Felsenegg	5.90		5:19	191	8:46	401	11:27	29.75	2:41:28	5:25	1	2:41:28	1	2:41:28
Buchlern	14.02		6:41	465	42:05	775	46:06	43.77	4:15:22	5:50	1	4:15:22	1	4:15:22
Hönggerberg	11.10		6:24	440	29:13	742	31:54	54.87	5:26:25	5:56	1	5:26:25	1	5:26:25
Irchel	5.10		4:31	33	3:57	103	6:17	59.97	5:49:28	5:49	1	5:49:28	1	5:49:28
Fluntern	6.34		6:38	457	18:16	763	20:21	66.31	6:31:37	5:54	1	6:31:37	1	6:31:37
Forch	11.30		5:40	316	22:32	593	25:24	77.61	7:35:41	5:52	1	7:35:41	1	7:35:41
Egg	8.75		5:51	355	17:52	633	19:06	86.36	8:26:58	5:52	1	8:26:58	1	8:26:58
Zumikon	12.99		5:29	264	18:09	522	24:18	99.35	9:38:15	5:49	1	9:38:15	1	9:38:15
Witikon	6.91		4:21	87	6:15	218	9:03	106.26	10:08:20	5:43	1	10:08:20	1	10:08:20
Fluntern	4.90		5:59	359	12:30	642	13:02	111.16	10:37:41	5:44	1	10:37:41	1	10:37:41
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Irchel	5.64		5:17	274	9:40	520	11:14	116.80	11:07:34	5:42	413	2:57:22	722	4:15:38