



38. SOLA-Stafette

Zürich / 07.05.2011

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Loisl der Berg ruft

□□: Alumni

□□: 258

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:23:09

□□: 11.17 km/h

□□□□: 5:20 min/km

□□□□□: 464 (of 790)

□□□□□□: 6:52:28

□□□□□: 193(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:52	321	8:40	585	10:03	4.40	25:52	5:52	1	25:52	1	25:52
Buchlern	13.25		3:45	3	2:23	26	6:53	17.65	1:15:46	4:17	1	1:15:46	1	1:15:46
Uetliberg	6.20		6:33	302	11:30	566	15:06	23.85	1:56:28	4:52	1	1:56:28	1	1:56:28
Felsenegg	5.90		5:51	336	11:55	608	14:36	29.75	2:31:01	5:04	1	2:31:01	1	2:31:01
Buchlern	14.02		5:10	253	20:39	501	24:40	43.77	3:43:29	5:06	1	3:43:29	1	3:43:29
Hönggerberg	11.10		4:08	9	4:13	34	6:54	54.87	4:29:32	4:54	1	4:29:32	1	4:29:32
Irchel	5.10		5:31	218	9:07	454	11:27	59.97	4:57:45	4:57	1	4:57:45	1	4:57:45
Fluntern	6.34		5:54	370	13:33	656	15:38	66.31	5:35:11	5:03	1	5:35:11	1	5:35:11
Forch	11.30		5:49	358	24:22	647	27:14	77.61	6:41:05	5:10	1	6:41:05	1	6:41:05
Egg	8.75		4:50	62	9:01	180	10:15	86.36	7:23:31	5:08	1	7:23:31	1	7:23:31
Zumikon	12.99		7:13	467	40:37	779	46:46	99.35	8:57:16	5:24	1	8:57:16	1	8:57:16
Witikon	6.91		3:56	18	3:21	67	6:09	106.26	9:24:27	5:18	1	9:24:27	1	9:24:27
Fluntern	4.90		6:47	454	16:27	761	16:59	111.16	9:57:45	5:22	1	9:57:45	1	9:57:45
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Irchel	5.64		4:30	63	5:11	163	6:45	116.80	10:23:09	5:20	204	2:12:57	482	3:31:13