



38. SOLA-Stafette

Zürich / 07.05.2011

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Lokomotiv-Zurich

□□: Alumni

□□: 259

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:59:56

□□: 11.68 km/h

□□□□: 5:08 min/km

□□□□□: 302 (of 790)

□□□□□□: 6:52:28

□□□□□: 84(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:31	220	7:06	447	8:29	4.40	24:18	5:31	1	24:18	1	24:18
Buchlern	13.25		4:46	212	15:44	442	20:14	17.65	1:27:33	4:57	1	1:27:33	1	1:27:33
Uetliberg	6.20		6:11	209	9:11	433	12:47	23.85	2:05:56	5:16	1	2:05:56	1	2:05:56
Felsenegg	5.90		5:35	276	10:24	522	13:05	29.75	2:38:58	5:20	1	2:38:58	1	2:38:58
Buchlern	14.02		3:45	2	0:58	14	4:59	43.77	3:31:45	4:50	1	3:31:45	1	3:31:45
Hönggerberg	11.10		4:53	109	12:30	257	15:11	54.87	4:26:05	4:50	1	4:26:05	1	4:26:05
Irchel	5.10		5:21	180	8:15	392	10:35	59.97	4:53:26	4:53	1	4:53:26	1	4:53:26
Fluntern	6.34		4:46	66	6:24	185	8:29	66.31	5:23:43	4:52	1	5:23:43	1	5:23:43
Forch	11.30		5:13	184	17:36	394	20:28	77.61	6:22:51	4:55	1	6:22:51	1	6:22:51
Egg	8.75		4:50	60	8:58	178	10:12	86.36	7:05:14	4:55	1	7:05:14	1	7:05:14
Zumikon	12.99		6:27	441	30:51	746	37:00	99.35	8:29:13	5:07	1	8:29:13	1	8:29:13
Witikon	6.91		5:12	323	12:07	592	14:55	106.26	9:05:10	5:07	1	9:05:10	1	9:05:10
Fluntern	4.90		4:48	84	6:41	249	7:13	111.16	9:28:42	5:06	1	9:28:42	1	9:28:42
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:32	331	11:01	601	12:35	116.80	9:59:56	5:08	94	1:49:44	318	3:08:00