



38. SOLA-Stafette

Zürich / 07.05.2011

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Lutz Running Attorneys

□□: Alumni

□□: 261

□□: 116.80 km

Sola-Stafette

□□□□□: DSQ (of 790)

□□□□□□: 6:52:28

□□□□:

Langsame

□□□□□: DSQ(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		7:43	473	16:49	785	18:12	4.40	34:01	7:43	1	34:01	1	34:01
Buchlern	13.25		4:23	76	10:42	220	15:12	17.65	1:32:14	5:13	1	1:32:14	1	1:32:14
Uetliberg	6.20		6:36	309	11:44	574	15:20	23.85	2:13:10	5:35	1	2:13:10	1	2:13:10
Felsenegg	5.90		3:50	1	-	9	2:41	29.75	2:35:48	5:14	1	2:35:48	1	2:35:48
Buchlern	14.02		4:42	104	14:08	264	18:09	43.77	3:41:45	5:03	1	3:41:45	1	3:41:45
Hönggerberg	11.10		4:37	54	9:28	145	12:09	54.87	4:33:03	4:58	1	4:33:03	1	4:33:03
Irchel	5.10		5:19	171	8:04	374	10:24	59.97	5:00:13	5:00	1	5:00:13	1	5:00:13
Fluntern	6.34		4:11	7	2:40	39	4:45	66.31	5:26:46	4:55	1	5:26:46	1	5:26:46
Forch	11.30	fehlt!	-	-	-	-	-	77.61	-	-	-	-	-	-
Egg	8.75	fehlt!	-	-	-	-	-	86.36	-	-	-	-	-	-
Zumikon	12.99		6:39	454	33:23	762	39:32	99.35	6:53:17	4:09	1	6:53:17	1	6:53:17
Witikon	6.91		4:42	186	8:44	396	11:32	106.26	7:25:51	4:11	1	7:25:51	1	7:25:51
Fluntern	4.90		3:44	5	1:27	23	1:59	111.16	7:44:09	4:10	1	7:44:09	1	7:44:09
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:37	90	5:50	222	7:24	116.80	-	-	-	-	-	-