



38. SOLA-Stafette

Zürich / 07.05.2011

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Magische Noblesse-Gruppe

□□: Alumni

□□: 262

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:40:12

□□: 10.95 km/h

□□□□: 5:28 min/km

□□□□□: 573 (of 790)

□□□□□□: 6:52:28

□□□□□: 284 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hönggerberg	4.40		4:28	18	2:28	66	3:51	4.40	19:40	4:28	1	19:40	1	19:40	
Buchlern	13.25		4:24	82	10:53	231	15:23	17.65	1:18:04	4:25	1	1:18:04	1	1:18:04	
Uetliberg	6.20		6:15	224	9:38	454	13:14	23.85	1:56:54	4:54	1	1:56:54	1	1:56:54	
Felsenegg	5.90		6:05	392	13:17	680	15:58	29.75	2:32:49	5:08	1	2:32:49	1	2:32:49	
Buchlern	14.02		5:12	268	21:18	523	25:19	43.77	3:45:56	5:09	1	3:45:56	1	3:45:56	
Hönggerberg	11.10		6:20	436	28:32	736	31:13	54.87	4:56:18	5:24	1	4:56:18	1	4:56:18	
Irchel	5.10		5:44	265	10:09	520	12:29	59.97	5:25:33	5:25	1	5:25:33	1	5:25:33	
Fluntern	6.34		5:00	131	7:54	311	9:59	66.31	5:57:20	5:23	1	5:57:20	1	5:57:20	
Forch	11.30		5:27	261	20:08	507	23:00	77.61	6:59:00	5:23	1	6:59:00	1	6:59:00	
Egg	8.75		5:08	130	11:38	314	12:52	86.36	7:44:03	5:22	1	7:44:03	1	7:44:03	
Zumikon	12.99		5:28	256	17:54	512	24:03	99.35	8:55:05	5:23	1	8:55:05	1	8:55:05	
Witikon	6.91		5:33	399	14:32	693	17:20	106.26	9:33:27	5:23	1	9:33:27	1	9:33:27	
Fluntern	4.90		5:57	348	12:21	631	12:53	111.16	10:02:39	5:25	1	10:02:39	1	10:02:39	
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-	-
Irchel	5.64		6:39	454	17:20	765	18:54	116.80	10:40:12	5:28	295	2:30:00	591	3:48:16	