



38. SOLA-Stafette

Zürich / 07.05.2011

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Magnetic Runners

□□: Alumni
 □□: 263

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 9:56:39

□□: 11.67 km/h
 □□□□: 5:06 min/km

□□□□□: 277 (of 790)

□□□□□□: 6:52:28

□□□□□: 66(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:39	261	7:41	511	9:04	4.40	24:53	5:39	1	24:53	1	24:53
Buchlern	13.25		4:35	140	13:18	338	17:48	17.65	1:25:42	4:51	1	1:25:42	1	1:25:42
Uetliberg	6.20		6:05	176	8:34	385	12:10	23.85	2:03:28	5:10	1	2:03:28	1	2:03:28
Felsenegg	5.90		5:41	304	10:54	558	13:35	29.75	2:37:00	5:16	1	2:37:00	1	2:37:00
Buchlern	14.02		5:11	264	21:03	517	25:04	43.77	3:49:52	5:15	1	3:49:52	1	3:49:52
Hönggerberg	11.10		5:02	143	14:09	324	16:50	54.87	4:45:51	5:12	1	4:45:51	1	4:45:51
Irchel	5.10		4:35	40	4:19	118	6:39	59.97	5:09:16	5:09	1	5:09:16	1	5:09:16
Fluntern	6.34		5:28	289	10:49	543	12:54	66.31	5:43:58	5:11	1	5:43:58	1	5:43:58
Forch	11.30		5:22	231	19:14	467	22:06	77.61	6:44:44	5:12	1	6:44:44	1	6:44:44
Egg	8.75		5:18	186	13:03	397	14:17	86.36	7:31:12	5:13	1	7:31:12	1	7:31:12
Zumikon	12.99		4:34	31	6:20	119	12:29	99.35	8:30:40	5:08	1	8:30:40	1	8:30:40
Witikon	6.91		4:16	61	5:41	169	8:29	106.26	9:00:11	5:05	1	9:00:11	1	9:00:11
Fluntern	4.90		5:11	188	8:35	412	9:07	111.16	9:25:37	5:05	1	9:25:37	1	9:25:37
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		5:30	322	10:49	589	12:23	116.80	9:56:39	5:06	75	1:46:27	292	3:04:43