



38. SOLA-Stafette

Zürich / 07.05.2011

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MECOS

□□: Alumni
□□: 265

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:09:20

□□: 11.42 km/h
□□□□: 5:13 min/km

□□□□□: 370 (of 790)

□□□□□□: 6:52:28

□□□□□: 124(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:14	144	5:51	322	7:14	4.40	23:03	5:14	1	23:03	1	23:03
Buchlern	13.25		4:56	284	17:53	541	22:23	17.65	1:28:27	5:00	1	1:28:27	1	1:28:27
Uetliberg	6.20		5:22	32	4:07	111	7:43	23.85	2:01:46	5:06	1	2:01:46	1	2:01:46
Felsenegg	5.90		5:30	244	9:49	476	12:30	29.75	2:34:13	5:11	1	2:34:13	1	2:34:13
Buchlern	14.02		5:02	217	18:56	450	22:57	43.77	3:44:58	5:08	1	3:44:58	1	3:44:58
Hönggerberg	11.10		5:49	364	22:44	644	25:25	54.87	4:49:32	5:16	1	4:49:32	1	4:49:32
Irchel	5.10		6:34	409	14:26	708	16:46	59.97	5:23:04	5:23	1	5:23:04	1	5:23:04
Fluntern	6.34		5:57	379	13:56	666	16:01	66.31	6:00:53	5:26	1	6:00:53	1	6:00:53
Forch	11.30		5:50	361	24:32	651	27:24	77.61	7:06:57	5:30	1	7:06:57	1	7:06:57
Egg	8.75		4:45	41	8:16	142	9:30	86.36	7:48:38	5:25	1	7:48:38	1	7:48:38
Zumikon	12.99		4:15	6	2:17	44	8:26	99.35	8:44:03	5:16	1	8:44:03	1	8:44:03
Witikon	6.91		4:11	53	5:09	145	7:57	106.26	9:13:02	5:12	1	9:13:02	1	9:13:02
Fluntern	4.90		5:01	144	7:47	348	8:19	111.16	9:37:40	5:11	1	9:37:40	1	9:37:40
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Irchel	5.64		5:36	346	11:27	621	13:01	116.80	10:09:20	5:13	135	1:59:08	387	3:17:24