



38. SOLA-Stafette

Zürich / 07.05.2011

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Medizinische Klinik Münsterlingen 1 □□□: 9:49:09

□□: Alumni

□□: 11.90 km/h

□□: 266

□□□□: 5:02 min/km

□□: 116.80 km

Sola-Stafette

□□□□□: 233 (of 790)

□□□□□□: 6:52:28

□□□□:

□□□□□: 45(of 477)

Langsame

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:17	155	6:06	337	7:29	4.40	23:18	5:17	1	23:18	1	23:18
Buchlern	13.25		5:10	356	21:04	637	25:34	17.65	1:31:53	5:12	1	1:31:53	1	1:31:53
Uetliberg	6.20		6:19	239	9:58	474	13:34	23.85	2:11:03	5:29	1	2:11:03	1	2:11:03
Felsenegg	5.90		4:59	113	6:47	273	9:28	29.75	2:40:28	5:23	1	2:40:28	1	2:40:28
Buchlern	14.02		4:17	27	8:16	108	12:17	43.77	3:40:33	5:02	1	3:40:33	1	3:40:33
Hönggerberg	11.10		5:53	379	23:36	662	26:17	54.87	4:45:59	5:12	1	4:45:59	1	4:45:59
Irchel	5.10		5:19	169	8:03	372	10:23	59.97	5:13:08	5:13	1	5:13:08	1	5:13:08
Fluntern	6.34		5:14	208	9:24	436	11:29	66.31	5:46:25	5:13	1	5:46:25	1	5:46:25
Forch	11.30		4:08	4	5:20	26	8:12	77.61	6:33:17	5:04	1	6:33:17	1	6:33:17
Egg	8.75		4:44	39	8:08	138	9:22	86.36	7:14:50	5:02	1	7:14:50	1	7:14:50
Zumikon	12.99		5:11	159	14:12	367	20:21	99.35	8:22:10	5:03	1	8:22:10	1	8:22:10
Witikon	6.91		4:39	163	8:23	366	11:11	106.26	8:54:23	5:01	1	8:54:23	1	8:54:23
Fluntern	4.90		5:39	287	10:54	552	11:26	111.16	9:22:08	5:03	1	9:22:08	1	9:22:08
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:47	128	6:48	288	8:22	116.80	9:49:09	5:02	53	1:38:57	247	2:57:13