



38. SOLA-Stafette

Zürich / 07.05.2011

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MeteoRunners

□□: Alumni

□□: 268

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:53:04

□□: 11.74 km/h

□□□□: 5:04 min/km

□□□□□: 251 (of 790)

□□□□□□: 6:52:28

□□□□□: 54(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:19	161	6:12	346	7:35	4.40	23:24	5:19	1	23:24	1	23:24
Buchlern	13.25		4:39	169	14:18	380	18:48	17.65	1:25:13	4:49	1	1:25:13	1	1:25:13
Uetliberg	6.20		6:29	287	11:03	539	14:39	23.85	2:05:28	5:15	1	2:05:28	1	2:05:28
Felsenegg	5.90		5:20	201	8:53	417	11:34	29.75	2:36:59	5:16	1	2:36:59	1	2:36:59
Buchlern	14.02		5:10	261	20:46	511	24:47	43.77	3:49:34	5:14	1	3:49:34	1	3:49:34
Hönggerberg	11.10		5:03	148	14:16	331	16:57	54.87	4:45:40	5:12	1	4:45:40	1	4:45:40
Irchel	5.10		5:13	149	7:32	333	9:52	59.97	5:12:18	5:12	1	5:12:18	1	5:12:18
Fluntern	6.34		5:40	326	12:03	602	14:08	66.31	5:48:14	5:15	1	5:48:14	1	5:48:14
Forch	11.30		4:37	37	10:42	133	13:34	77.61	6:40:28	5:09	1	6:40:28	1	6:40:28
Egg	8.75		5:24	216	13:50	445	15:04	86.36	7:27:43	5:11	1	7:27:43	1	7:27:43
Zumikon	12.99		5:06	132	13:12	329	19:21	99.35	8:34:03	5:10	1	8:34:03	1	8:34:03
Witikon	6.91		4:38	153	8:11	351	10:59	106.26	9:06:04	5:08	1	9:06:04	1	9:06:04
Fluntern	4.90		4:32	52	5:26	168	5:58	111.16	9:28:21	5:06	1	9:28:21	1	9:28:21
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Irchel	5.64		4:22	42	4:30	114	6:04	116.80	9:53:04	5:04	62	1:42:52	265	3:01:08