



38. SOLA-Stafette

Zürich / 07.05.2011

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MIGHTY SOCKS

□□: Alumni

□□: 270

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:33:23

□□: 10.99 km/h

□□□□: 5:25 min/km

□□□□□: 534 (of 790)

□□□□□□: 6:52:28

□□□□□: 252 (of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:45	40	3:43	123	5:06	4.40	20:55	4:45	1	20:55	1	20:55
Buchlern	13.25		6:28	469	38:20	779	42:50	17.65	1:46:46	6:02	1	1:46:46	1	1:46:46
Uetliberg	6.20		5:29	46	4:50	138	8:26	23.85	2:20:48	5:54	1	2:20:48	1	2:20:48
Felsenegg	5.90		5:11	154	7:57	344	10:38	29.75	2:51:23	5:45	1	2:51:23	1	2:51:23
Buchlern	14.02		4:33	70	12:09	198	16:10	43.77	3:55:21	5:22	1	3:55:21	1	3:55:21
Hönggerberg	11.10		5:51	368	23:08	650	25:49	54.87	5:00:19	5:28	1	5:00:19	1	5:00:19
Irchel	5.10		6:50	438	15:45	738	18:05	59.97	5:35:10	5:35	1	5:35:10	1	5:35:10
Fluntern	6.34		5:30	300	11:03	563	13:08	66.31	6:10:06	5:34	1	6:10:06	1	6:10:06
Forch	11.30		5:13	183	17:34	393	20:26	77.61	7:09:12	5:31	1	7:09:12	1	7:09:12
Egg	8.75		5:17	177	12:55	385	14:09	86.36	7:55:32	5:30	1	7:55:32	1	7:55:32
Zumikon	12.99		5:29	267	18:17	526	24:26	99.35	9:06:57	5:30	1	9:06:57	1	9:06:57
Witikon	6.91		4:27	111	6:58	269	9:46	106.26	9:37:45	5:26	1	9:37:45	1	9:37:45
Fluntern	4.90		6:14	394	13:43	685	14:15	111.16	10:08:19	5:28	1	10:08:19	1	10:08:19
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Irchel	5.64		4:26	50	4:51	134	6:25	116.80	10:33:23	5:25	263	2:23:11	552	3:41:27