



38. SOLA-Stafette

Zürich / 07.05.2011

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Nur ein Kuss...

□□: Alumni

□□: 278

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 9:51:53

□□: 11.76 km/h

□□□□: 5:04 min/km

□□□□□: 246 (of 790)

□□□□□□: 6:52:28

□□□□□: 52(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:23	11	2:06	49	3:29	4.40	19:18	4:23	1	19:18	1	19:18
Buchlern	13.25		4:49	234	16:29	476	20:59	17.65	1:23:18	4:43	1	1:23:18	1	1:23:18
Uetliberg	6.20		5:26	40	4:31	125	8:07	23.85	1:57:01	4:54	1	1:57:01	1	1:57:01
Felsenegg	5.90		5:32	258	10:03	496	12:44	29.75	2:29:42	5:01	1	2:29:42	1	2:29:42
Buchlern	14.02		4:21	37	9:19	129	13:20	43.77	3:30:50	4:49	1	3:30:50	1	3:30:50
Hönggerberg	11.10		5:26	253	18:35	496	21:16	54.87	4:31:15	4:56	1	4:31:15	1	4:31:15
Irchel	5.10		6:52	441	15:59	741	18:19	59.97	5:06:20	5:06	1	5:06:20	1	5:06:20
Fluntern	6.34		5:11	181	9:00	402	11:05	66.31	5:39:13	5:06	1	5:39:13	1	5:39:13
Forch	11.30		5:17	205	18:13	424	21:05	77.61	6:38:58	5:08	1	6:38:58	1	6:38:58
Egg	8.75		5:21	205	13:26	426	14:40	86.36	7:25:49	5:09	1	7:25:49	1	7:25:49
Zumikon	12.99		4:52	80	10:09	231	16:18	99.35	8:29:06	5:07	1	8:29:06	1	8:29:06
Witikon	6.91		3:29	3	0:19	20	3:07	106.26	8:53:15	5:01	1	8:53:15	1	8:53:15
Fluntern	4.90		4:56	116	7:22	306	7:54	111.16	9:17:28	5:00	1	9:17:28	1	9:17:28
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		6:06	419	14:12	725	15:46	116.80	9:51:53	5:04	60	1:41:41	260	2:59:57