



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## PHOENIX RUNNING TEAM 1977

□□: Alumni

□□: 285

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:25:24

□□: 11.13 km/h

□□□□: 5:21 min/km

□□□□□: 479 (of 790)

□□□□□□: 6:52:28

□□□□□: 205(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:52	318	8:38	581	10:01	4.40	25:50	5:52	1	25:50	1	25:50
Buchlern	13.25		4:51	248	16:46	493	21:16	17.65	1:30:07	5:06	1	1:30:07	1	1:30:07
Uetliberg	6.20		5:04	8	2:17	47	5:53	23.85	2:01:36	5:05	1	2:01:36	1	2:01:36
Felsenegg	5.90		5:06	140	7:30	319	10:11	29.75	2:31:44	5:06	1	2:31:44	1	2:31:44
Buchlern	14.02		5:54	409	31:00	712	35:01	43.77	3:54:33	5:21	1	3:54:33	1	3:54:33
Hönggerberg	11.10		5:31	290	19:32	547	22:13	54.87	4:55:55	5:23	1	4:55:55	1	4:55:55
Irchel	5.10		6:19	370	13:07	662	15:27	59.97	5:28:08	5:28	1	5:28:08	1	5:28:08
Fluntern	6.34		5:35	318	11:33	584	13:38	66.31	6:03:34	5:28	1	6:03:34	1	6:03:34
Forch	11.30		4:57	93	14:28	254	17:20	77.61	6:59:34	5:24	1	6:59:34	1	6:59:34
Egg	8.75		5:48	340	17:26	617	18:40	86.36	7:50:25	5:26	1	7:50:25	1	7:50:25
Zumikon	12.99		5:07	144	13:32	347	19:41	99.35	8:57:05	5:24	1	8:57:05	1	8:57:05
Witikon	6.91		4:24	103	6:41	247	9:29	106.26	9:27:36	5:20	1	9:27:36	1	9:27:36
Fluntern	4.90		6:46	452	16:22	759	16:54	111.16	10:00:49	5:24	1	10:00:49	1	10:00:49
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:21	37	4:22	109	5:56	116.80	10:25:24	5:21	216	2:15:12	497	3:33:28