



38. SOLA-Stafette

Zürich / 07.05.2011

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Ratshüsler

□□: Alumni

□□: 288

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 11:00:32

□□: 10.61 km/h

□□□□: 5:39 min/km

□□□□□: 675 (of 790)

□□□□□□: 6:52:28

□□□□□: 378(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Hönggerberg	4.40		4:56	71	4:33	182	5:56	4.40	21:45	4:56	1	21:45	1	21:45
Buchlern	13.25		5:00	308	18:56	574	23:26	17.65	1:28:12	4:59	1	1:28:12	1	1:28:12
Uetliberg	6.20		7:02	385	14:30	678	18:06	23.85	2:11:54	5:31	1	2:11:54	1	2:11:54
Felsenegg	5.90		6:43	444	17:01	752	19:42	29.75	2:51:33	5:45	1	2:51:33	1	2:51:33
Buchlern	14.02		5:10	262	20:48	512	24:49	43.77	4:04:10	5:34	1	4:04:10	1	4:04:10
Hönggerberg	11.10		4:46	85	11:14	216	13:55	54.87	4:57:14	5:25	1	4:57:14	1	4:57:14
Irchel	5.10		9:14	475	28:01	787	30:21	59.97	5:44:21	5:44	1	5:44:21	1	5:44:21
Fluntern	6.34		5:23	266	10:20	517	12:25	66.31	6:18:34	5:42	1	6:18:34	1	6:18:34
Forch	11.30		5:13	182	17:31	392	20:23	77.61	7:17:37	5:38	1	7:17:37	1	7:17:37
Egg	8.75		5:25	226	14:06	463	15:20	86.36	8:05:08	5:37	1	8:05:08	1	8:05:08
Zumikon	12.99		6:08	412	26:42	716	32:51	99.35	9:24:58	5:41	1	9:24:58	1	9:24:58
Witikon	6.91		5:23	366	13:22	649	16:10	106.26	10:02:10	5:40	1	10:02:10	1	10:02:10
Fluntern	4.90		6:33	431	15:15	736	15:47	111.16	10:34:16	5:42	1	10:34:16	1	10:34:16
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:39	100	6:03	238	7:37	116.80	11:00:32	5:39	390	2:50:20	694	4:08:36