



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Roadrunners I

□□: Alumni

□□: 293

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:22:49

□□: 11.18 km/h

□□□□: 5:19 min/km

□□□□□: 458 (of 790)

□□□□□□: 6:52:28

□□□□□: 189(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:00	355	9:16	626	10:39	4.40	26:28	6:00	1	26:28	1	26:28
Buchlern	13.25		4:50	245	16:42	489	21:12	17.65	1:30:41	5:08	1	1:30:41	1	1:30:41
Uetliberg	6.20		7:04	390	14:43	683	18:19	23.85	2:14:36	5:38	1	2:14:36	1	2:14:36
Felsenegg	5.90		4:35	30	4:25	102	7:06	29.75	2:41:39	5:26	1	2:41:39	1	2:41:39
Buchlern	14.02		4:30	59	11:18	175	15:19	43.77	3:44:46	5:08	1	3:44:46	1	3:44:46
Hönggerberg	11.10		5:30	283	19:23	539	22:04	54.87	4:45:59	5:12	1	4:45:59	1	4:45:59
Irchel	5.10		6:46	432	15:28	732	17:48	59.97	5:20:33	5:20	1	5:20:33	1	5:20:33
Fluntern	6.34		6:30	442	17:22	747	19:27	66.31	6:01:48	5:27	1	6:01:48	1	6:01:48
Forch	11.30		5:09	164	16:50	362	19:42	77.61	7:00:10	5:24	1	7:00:10	1	7:00:10
Egg	8.75		5:52	359	18:01	637	19:15	86.36	7:51:36	5:27	1	7:51:36	1	7:51:36
Zumikon	12.99		4:34	30	6:15	117	12:24	99.35	8:50:59	5:20	1	8:50:59	1	8:50:59
Witikon	6.91		4:01	26	4:02	89	6:50	106.26	9:18:51	5:15	1	9:18:51	1	9:18:51
Fluntern	4.90		4:29	42	5:09	145	5:41	111.16	9:40:51	5:13	1	9:40:51	1	9:40:51
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Irchel	5.64		7:26	472	21:45	785	23:19	116.80	10:22:49	5:19	200	2:12:37	476	3:30:53