



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## RunDOCH

□□: Alumni

□□: 299

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:50:40

□□: 10.70 km/h

□□□□: 5:34 min/km

□□□□□: 630 (of 790)

□□□□□□: 6:52:28

□□□□□: 336(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:38	35	3:15	106	4:38	4.40	20:27	4:38	1	20:27	1	20:27
Buchlern	13.25		4:45	202	15:32	427	20:02	17.65	1:23:30	4:43	1	1:23:30	1	1:23:30
Uetliberg	6.20		8:15	457	21:58	764	25:34	23.85	2:14:40	5:38	1	2:14:40	1	2:14:40
Felsenegg	5.90		6:18	414	14:35	709	17:16	29.75	2:51:53	5:46	1	2:51:53	1	2:51:53
Buchlern	14.02		6:48	468	43:38	778	47:39	43.77	4:27:20	6:06	1	4:27:20	1	4:27:20
Hönggerberg	11.10		6:33	449	30:54	753	33:35	54.87	5:40:04	6:11	1	5:40:04	1	5:40:04
Irchel	5.10		5:39	244	9:44	493	12:04	59.97	6:08:54	6:09	1	6:08:54	1	6:08:54
Fluntern	6.34		4:58	116	7:38	283	9:43	66.31	6:40:25	6:02	1	6:40:25	1	6:40:25
Forch	11.30		5:57	388	25:50	685	28:42	77.61	7:47:47	6:01	1	7:47:47	1	7:47:47
Egg	8.75		5:39	297	16:04	557	17:18	86.36	8:37:16	5:59	1	8:37:16	1	8:37:16
Zumikon	12.99		4:38	41	7:08	143	13:17	99.35	9:37:32	5:48	1	9:37:32	1	9:37:32
Witikon	6.91		3:51	12	2:49	51	5:37	106.26	10:04:11	5:41	1	10:04:11	1	10:04:11
Fluntern	4.90		3:27	2	0:07	6	0:39	111.16	10:21:09	5:35	1	10:21:09	1	10:21:09
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Irchel	5.64		5:14	252	9:18	488	10:52	116.80	10:50:40	5:34	348	2:40:28	649	3:58:44