



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Schwaba-Clan

□□: Alumni

□□: 304

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:40:50

□□: 10.86 km/h

□□□□: 5:29 min/km

□□□□□: 577 (of 790)

□□□□□□: 6:52:28

□□□□□: 287(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:31	428	11:30	729	12:53	4.40	28:42	6:31	1	28:42	1	28:42
Buchlern	13.25		4:28	93	11:40	254	16:10	17.65	1:27:53	4:58	1	1:27:53	1	1:27:53
Uetliberg	6.20		6:39	315	12:03	581	15:39	23.85	2:09:08	5:24	1	2:09:08	1	2:09:08
Felsenegg	5.90		5:12	162	8:05	355	10:46	29.75	2:39:51	5:22	1	2:39:51	1	2:39:51
Buchlern	14.02		5:40	378	27:42	668	31:43	43.77	3:59:22	5:28	1	3:59:22	1	3:59:22
Hönggerberg	11.10		5:10	178	15:32	383	18:13	54.87	4:56:44	5:24	1	4:56:44	1	4:56:44
Irchel	5.10		5:58	317	11:24	594	13:44	59.97	5:27:14	5:27	1	5:27:14	1	5:27:14
Fluntern	6.34		5:21	248	10:03	493	12:08	66.31	6:01:10	5:26	1	6:01:10	1	6:01:10
Forch	11.30		5:07	151	16:24	343	19:16	77.61	6:59:06	5:24	1	6:59:06	1	6:59:06
Egg	8.75		4:56	75	9:49	212	11:03	86.36	7:42:20	5:21	1	7:42:20	1	7:42:20
Zumikon	12.99		6:15	425	28:09	729	34:18	99.35	9:03:37	5:28	1	9:03:37	1	9:03:37
Witikon	6.91		5:15	340	12:31	612	15:19	106.26	9:39:58	5:27	1	9:39:58	1	9:39:58
Fluntern	4.90		4:58	129	7:34	321	8:06	111.16	10:04:23	5:26	1	10:04:23	1	10:04:23
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Irchel	5.64		6:27	446	16:14	756	17:48	116.80	10:40:50	5:29	298	2:30:38	595	3:48:54