



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## SHIKAR Selection II

□□: Alumni

□□: 308

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:18:39

□□: 11.33 km/h

□□□□: 5:17 min/km

□□□□□: 427 (of 790)

□□□□□□: 6:52:28

□□□□□: 166(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:12	390	10:05	675	11:28	4.40	27:17	6:12	1	27:17	1	27:17
Buchlern	13.25		5:18	386	22:52	675	27:22	17.65	1:37:40	5:32	1	1:37:40	1	1:37:40
Uetliberg	6.20		6:04	175	8:29	382	12:05	23.85	2:15:21	5:40	1	2:15:21	1	2:15:21
Felsenegg	5.90		5:27	228	9:34	454	12:15	29.75	2:47:33	5:37	1	2:47:33	1	2:47:33
Buchlern	14.02		4:13	19	7:19	84	11:20	43.77	3:46:41	5:10	1	3:46:41	1	3:46:41
Hönggerberg	11.10		4:47	92	11:25	225	14:06	54.87	4:39:56	5:06	1	4:39:56	1	4:39:56
Irchel	5.10		5:25	195	8:34	416	10:54	59.97	5:07:36	5:07	1	5:07:36	1	5:07:36
Fluntern	6.34		5:06	156	8:33	356	10:38	66.31	5:40:02	5:07	1	5:40:02	1	5:40:02
Forch	11.30		5:08	154	16:37	349	19:29	77.61	6:38:11	5:07	1	6:38:11	1	6:38:11
Egg	8.75		6:02	381	19:23	670	20:37	86.36	7:30:59	5:13	1	7:30:59	1	7:30:59
Zumikon	12.99		5:50	362	22:51	652	29:00	99.35	8:46:58	5:18	1	8:46:58	1	8:46:58
Witikon	6.91		5:02	295	11:01	549	13:49	106.26	9:21:49	5:17	1	9:21:49	1	9:21:49
Fluntern	4.90		5:58	354	12:26	637	12:58	111.16	9:51:06	5:19	1	9:51:06	1	9:51:06
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Irchel	5.64		4:53	151	7:20	332	8:54	116.80	10:18:39	5:17	177	2:08:27	445	3:26:43