



# 38. SOLA-Stafette

Zürich / 07.05.2011

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## Siemens Trace Speeders

□□: Alumni

□□: 310

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:32:09

□□: 11.09 km/h

□□□□: 5:24 min/km

□□□□□: 521 (of 790)

□□□□□□: 6:52:28

□□□□□: 239(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:50	45	4:08	143	5:31	4.40	21:20	4:50	1	21:20	1	21:20
Buchlern	13.25		4:23	77	10:44	223	15:14	17.65	1:19:35	4:30	1	1:19:35	1	1:19:35
Uetliberg	6.20		9:03	469	26:55	779	30:31	23.85	2:15:42	5:41	1	2:15:42	1	2:15:42
Felsenegg	5.90		5:06	139	7:28	317	10:09	29.75	2:45:48	5:34	1	2:45:48	1	2:45:48
Buchlern	14.02		4:07	9	5:59	56	10:00	43.77	3:43:36	5:06	1	3:43:36	1	3:43:36
Hönggerberg	11.10		6:03	407	25:25	696	28:06	54.87	4:50:51	5:18	1	4:50:51	1	4:50:51
Irchel	5.10		6:01	330	11:37	610	13:57	59.97	5:21:34	5:21	1	5:21:34	1	5:21:34
Fluntern	6.34		4:46	67	6:25	189	8:30	66.31	5:51:52	5:18	1	5:51:52	1	5:51:52
Forch	11.30		5:55	381	25:27	677	28:19	77.61	6:58:51	5:23	1	6:58:51	1	6:58:51
Egg	8.75		5:16	171	12:48	377	14:02	86.36	7:45:04	5:23	1	7:45:04	1	7:45:04
Zumikon	12.99		5:34	288	19:22	557	25:31	99.35	8:57:34	5:24	1	8:57:34	1	8:57:34
Witikon	6.91		5:14	335	12:26	606	15:14	106.26	9:33:50	5:24	1	9:33:50	1	9:33:50
Fluntern	4.90		6:11	388	13:27	677	13:59	111.16	10:04:08	5:26	1	10:04:08	1	10:04:08
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Irchel	5.64		4:58	175	7:48	369	9:22	116.80	10:32:09	5:24	250	2:21:57	539	3:40:13