



38. SOLA-Stafette

Zürich / 07.05.2011

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SOLAforever

□□: Alumni

□□: 312

□□: 116.80 km

Sola-Stafette

□□□□:

Langsame

□□□: 10:03:11

□□: 11.62 km/h

□□□□: 5:09 min/km

□□□□□: 329 (of 790)

□□□□□□: 6:52:28

□□□□□: 98(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:12	137	5:43	310	7:06	4.40	22:55	5:12	1	22:55	1	22:55
Buchlern	13.25		3:51	6	3:32	37	8:02	17.65	1:13:58	4:11	1	1:13:58	1	1:13:58
Uetliberg	6.20		6:47	340	12:55	620	16:31	23.85	1:56:05	4:52	1	1:56:05	1	1:56:05
Felsenegg	5.90		5:16	180	8:30	385	11:11	29.75	2:27:13	4:56	1	2:27:13	1	2:27:13
Buchlern	14.02		4:58	196	18:01	419	22:02	43.77	3:37:03	4:57	1	3:37:03	1	3:37:03
Hönggerberg	11.10		5:32	292	19:39	549	22:20	54.87	4:38:32	5:04	1	4:38:32	1	4:38:32
Irchel	5.10		5:54	300	11:00	573	13:20	59.97	5:08:38	5:08	1	5:08:38	1	5:08:38
Fluntern	6.34		5:10	176	8:54	390	10:59	66.31	5:41:25	5:08	1	5:41:25	1	5:41:25
Forch	11.30		5:22	235	19:15	471	22:07	77.61	6:42:12	5:10	1	6:42:12	1	6:42:12
Egg	8.75		5:34	274	15:24	525	16:38	86.36	7:31:01	5:13	1	7:31:01	1	7:31:01
Zumikon	12.99		5:21	216	16:29	452	22:38	99.35	8:40:38	5:14	1	8:40:38	1	8:40:38
Witikon	6.91		4:02	27	4:08	90	6:56	106.26	9:08:36	5:09	1	9:08:36	1	9:08:36
Fluntern	4.90		5:02	148	7:52	358	8:24	111.16	9:33:19	5:09	1	9:33:19	1	9:33:19
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Irchel	5.64		5:17	272	9:39	518	11:13	116.80	10:03:11	5:09	108	1:52:59	345	3:11:15