



38. SOLA-Stafette

Zürich / 07.05.2011

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solamirdesieg

□□: Alumni
 □□: 315

□□: 116.80 km
 Sola-Stafette

□□□□:
 Langsame

□□□: 10:08:48

□□: 11.43 km/h
 □□□□: 5:12 min/km

□□□□□: 368 (of 790)

□□□□□□: 6:52:28

□□□□□: 122(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		5:17	154	6:05	336	7:28	4.40	23:17	5:17	1	23:17	1	23:17
Buchlern	13.25		4:14	43	8:47	151	13:17	17.65	1:19:35	4:30	1	1:19:35	1	1:19:35
Uetliberg	6.20		5:57	141	7:47	334	11:23	23.85	1:56:34	4:53	1	1:56:34	1	1:56:34
Felsenegg	5.90		4:43	60	5:16	157	7:57	29.75	2:24:28	4:51	1	2:24:28	1	2:24:28
Buchlern	14.02		4:14	23	7:37	96	11:38	43.77	3:23:54	4:39	1	3:23:54	1	3:23:54
Hönggerberg	11.10		6:15	424	27:35	721	30:16	54.87	4:33:19	4:58	1	4:33:19	1	4:33:19
Irchel	5.10		6:08	344	12:13	629	14:33	59.97	5:04:38	5:04	1	5:04:38	1	5:04:38
Fluntern	6.34		5:00	130	7:53	309	9:58	66.31	5:36:24	5:04	1	5:36:24	1	5:36:24
Forch	11.30		5:01	115	15:13	287	18:05	77.61	6:33:09	5:03	1	6:33:09	1	6:33:09
Egg	8.75		6:36	441	24:25	746	25:39	86.36	7:30:59	5:13	1	7:30:59	1	7:30:59
Zumikon	12.99		5:04	129	12:52	323	19:01	99.35	8:36:59	5:12	1	8:36:59	1	8:36:59
Witikon	6.91		4:31	131	7:28	302	10:16	106.26	9:08:17	5:09	1	9:08:17	1	9:08:17
Fluntern	4.90		6:15	399	13:51	692	14:23	111.16	9:38:59	5:12	1	9:38:59	1	9:38:59
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Irchel	5.64		5:17	270	9:36	514	11:10	116.80	10:08:48	5:12	133	1:58:36	385	3:16:52