



38. SOLA-Stafette

Zürich / 07.05.2011

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speedy WiMa

□□: Alumni
□□: 319

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 10:33:06

□□: 11.07 km/h
□□□□: 5:25 min/km

□□□□□: 530 (of 790)

□□□□□□: 6:52:28

□□□□□: 248(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		4:27	14	2:23	61	3:46	4.40	19:35	4:27	1	19:35	1	19:35
Buchlern	13.25		4:30	107	12:09	275	16:39	17.65	1:19:15	4:29	1	1:19:15	1	1:19:15
Uetliberg	6.20		5:27	42	4:38	129	8:14	23.85	1:53:05	4:44	1	1:53:05	1	1:53:05
Felsenegg	5.90		5:32	259	10:04	498	12:45	29.75	2:25:47	4:54	1	2:25:47	1	2:25:47
Buchlern	14.02		5:43	390	28:31	682	32:32	43.77	3:46:07	5:09	1	3:46:07	1	3:46:07
Hönggerberg	11.10		5:54	382	23:44	665	26:25	54.87	4:51:41	5:18	1	4:51:41	1	4:51:41
Irchel	5.10		5:34	227	9:20	466	11:40	59.97	5:20:07	5:20	1	5:20:07	1	5:20:07
Fluntern	6.34		5:54	372	13:35	658	15:40	66.31	5:57:35	5:23	1	5:57:35	1	5:57:35
Forch	11.30		5:34	296	21:31	564	24:23	77.61	7:00:38	5:25	1	7:00:38	1	7:00:38
Egg	8.75		5:16	165	12:42	371	13:56	86.36	7:46:45	5:24	1	7:46:45	1	7:46:45
Zumikon	12.99		6:22	435	29:47	740	35:56	99.35	9:09:40	5:31	1	9:09:40	1	9:09:40
Witikon	6.91		4:25	104	6:45	253	9:33	106.26	9:40:15	5:27	1	9:40:15	1	9:40:15
Fluntern	4.90		5:31	249	10:13	503	10:45	111.16	10:07:19	5:27	1	10:07:19	1	10:07:19
□□□	-	fehlt!	-	-	-	-	-	111.16	-	-	-	-	-	-
Irchel	5.64		4:34	79	5:34	197	7:08	116.80	10:33:06	5:25	259	2:22:54	548	3:41:10